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We reviewed the 'South Beach Diet', developed by cardiologist Dr. Arthur Agatston and dietician Mari Almon to reduce people's risk of heart disease.

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The South Beach Diet Good Fats/Good Carbs Guide by Agatston, The South Beach Diet Good Fat/Good Carbs Guide. Agatston, Arthur. ISBN 10: 1405067152 ISBN 13:

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Here's a South Beach Diet primer on While on Phase 1 of the South Beach Diet, you ll enjoy good carbs, such A Quick Guide to Poultry on the South

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Agatston has tried to distance the South Beach Diet from "low carb" approaches; in the South Beach Diet South Beach Diet Good Fats/Good Carbs Guide had 3

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The South Beach Diet Good Fats/Good Carbs Guide has sold more than three million copies and has continuously topped national bestseller lists.

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South Beach focuses on choosing good carbs and good fats in Their findings suggested that none of the four diet plans "The South Beach Diet Supercharged

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The South Beach Diet: Good Fats, Good Carbs Guide. Author(s): Arthur Agatston. List Price: \$7.99 Format: Paperback: 160 pages Publisher: Rodale Press

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The South Beach Diet Good Fats/Good Carbs Guide has 358 ratings and 13 reviews. Gprice99 said: If you want to know exactly how to follow this diet,

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If a food is on the plan s "Foods to Avoid" list you should not eat it, even if it is foods that rank low on the Glycemic Index and are prepared in a healthy way.

### **The official south beach diet**

Millions have lost weight and changed their lives following the South Beach Diet. Learn how to eat right, eliminate cravings and lose weight.

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