

The South Beach Diet

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Good Carbs, Bad Carbs

- The principles of the South Beach Diet are
 - good carbohydrates and good fats,
 - nutrient-dense whole foods,
 - lean sources of protein, and
 - plenty of fiber
- Much of our excess weight comes from the carbohydrates we eat, especially the highly processed ones found in baked goods, breads, snacks and other convenient favorites.
- Modern processing removes the fiber from these foods affecting how we metabolize them. Decrease the “bad” carbs and insulin resistance begins to clear up.
- First principle is to permit good carbohydrates – fruits, vegetables and whole grains and curtail the bad carbohydrates – processed foods where all the fiber has been removed, white flour and white sugar.
- Second principle – ample fats and animal proteins are permitted.
 - Healthy mono- and polyunsaturated fats like the Mediterranean ones – olive oil, canola oil, and peanut oil
 - Protein sources recommended are chicken, turkey and fish along with nuts and low-fat cheeses and yogurt

Fats versus Carbs: The Debate

- In whole foods, the sugars and starches are bound up with the fiber and nutrients, so when we eat whole grain rice, we get the entire package. Processing removes the fiber and nutrients.
- Dietary fiber is an important component of our nutrition. When people eat high-fiber carbs such as vegetable and unprocessed grains and flour, the danger of most dietary fat becomes minimal.
- Benefit of eating fats – we become satiated. As a result, we know when to stop eating. Refined carbs cause rapid changes in blood sugar levels, stimulate further hunger, thereby encouraging overeating.
- Glycemic Index – measures the degree to which eating a particular food increases your blood sugar and therefore contributes to weight gain.
 - White bread and potatoes increase blood sugar levels faster than table sugar.

- The USDA pyramid is a diet based on sugars contributing to the fattening of America.

Good Fats, Bad Fats

- Evidence is building that unsaturated, non-trans fats are good for us.
 - Lyon Heart Study – A 70% decrease in subsequent heart attacks for those consuming canola oil spread.
 - GISSI Prevention Trial – showed fish oil capsules – omega 3 polyunsaturated fats – decreased sudden deaths.
 - A number of studies have shown that nuts are rich in good fats help prevent heart attacks and strokes.
- The actual size of the LDL particles determines their negative impact on the body. The smaller the particle, the easier they can squeeze beneath the blood vessel linings, narrowing passageways with a buildup of fatty plaque that eventually leads to heart attacks.

Hello, Bread

- Once you've lasted through the 2 weeks of Phase I (purge of all carbs) and rid yourself of your sugar addiction, you are ready to begin adding more carbohydrates to your diet.
- Why add more carbs? First many are good for you, especially those in fruit. Even bread, if you choose a whole grain type, brings nutritional benefits.
- Here's the principle of adding more carbs back safely: Do it gradually and attentively. The goal is to eat more carbs while continuing to lose weight.
- Avoid beer. It is high in maltodextrins which are high in the glycemic index. They are probably responsible for an insulin response that leads to the fat storage in the abdomen that we call the beer belly.

It's Not Just What You Eat, It's How You Eat It

- This is crucial to understanding how your body operates: The more food is preprocessed, the more fattening it will be.
- The good news, of course, is that you can partly control the glycemic index of your food just by choosing how you'll prepare it.
- The worst thing you can do from the glycemic index perspective? Baked. The process of baking it renders the starches most easily accessible to your digestive system.

- These principles apply across the board: Whole and intact is better than chopped or sliced, which is better than diced, which is better than mashed or pureed – all of which is better than juiced.
- The fiber delays your stomach's efforts to get at the sugars and starches in carbohydrates. The nutrients are bound up in that fiber, too, so the stomach has to work hard to get the nutrition.
- Here's a tip that will lower the glycemic index of any meal: Fifteen minutes before you begin eating, have a spoonful of psyllium fiber, which is a non-soluble fiber. When you take some before eating, the fiber mixes with your food and it slows the speed with which your stomach digests what you've eaten.

How Eating Makes You Hungry

- Eating bad carbohydrates – especially highly processed ones – creates cravings for more bad carbs, which ultimately is responsible for our epidemic of obesity. It's hard to overstate the connection between bad carbs, obesity and bad cardiac health.
- Reactive hypoglycemia – the body detects that the level of glucose – the form sugar takes in our bloodstream – has fallen too low. Our body reacts by creating the cravings that drives us toward the nearest carbohydrate fix.
- All carbs contain sugars. These sugars, though, exist in several different forms – sucrose (table sugar), lactose (dairy), and fructose (as found in fruit). Even the most virtuous vegetable contains sugars in some form.
- Carb's Competitors Reduce Their Impact
 - Fiber is the major factor that slows the absorption of sugar. Fiber slows digestion down reducing the quick absorption of sugar into the bloodstream.
 - Fat, too, slows the speed at which your small intestine accesses the sugar you've eaten.
 - Acidic foods such as lemon and vinegar slow the speed with which your stomach empties, therefore cutting back on the rise in blood sugar.
- The Body's Response
 - Once the sugars enter our bloodstream it is the job of the pancreas to produce the hormone insulin in sufficient quantity to get the sugars out of our blood and into the organs where it is needed, or into storage for future needs.

- Diabetics ingest the same sugars, but without effective insulin those sugars remain uselessly circulating in the bloodstream. Insulin unlocks our tissues and lets the sugars in.
- If the body experiences a fast infusion of sugars, a lot of insulin is required. If the sugars are metabolized more slowly, the insulin is released gradually.
- Fast sugar is worse for you; slow sugar is better because the rise in blood sugar is gradual, and so is its descent once the insulin begins to do its work. The slow decline in blood sugar translates into less insistent cravings for more carbs later.
- We can most easily stop ourselves from overeating by two strategies:
 - We can eat foods that cause a gradual rather than sharp increases and decreases in blood sugar.
 - We can learn to anticipate hypoglycemia and avert it with the timely consumption of snacks. This one is crucial: It takes much less food to prevent hypoglycemia than it takes to resolve it.
 - We should learn what foods cause the most rapid rise in blood sugar.
 - Glycemic Index – a scale that measures the rapidity and degree which a fixed quantity of a food increases a person's blood sugar.

Good Foods

1. Vegetables
2. Fruits
3. Whole wheat pasta
4. Turkey
5. Chicken
6. Fish
7. Yogurt
8. Low-fat cheese
9. Nuts
10. Water
11. Wine
12. Tea
13. Coffee

Bad Foods

1. Processed foods
2. Bread
3. Potatoes
4. Rice
5. Pasta
6. White flour
7. White sugar
8. Beer
9. Soft drinks
10. Any sugared drinks
11. Fruit juices
12. Bananas
13. Watermelon