

# Murray's South Beach Diet

## Preamble.

The general thought behind this program is that if energy expenditure exceeds consumption weight will be lost and the reverse that energy consumption exceeds expenditure will result in weight gain.

Weight control is 80% diet and 20% activity for most people.

100 cal per day consumed over expenditure translates into 15 kg weight gain per year. Conversely 100 cal per day activity over consumption becomes 15 kg weight loss per year.

Sustained small changes in the mix of consumption or activity have a big impact on weight and general health.

- For example, a standard cappuccino made from skinny milk is about 300 cal and a standard cappuccino made from full cream milk is about 470 cal. Thus 100 cal is about 80 mL of skinny milk and 50 mL full cream milk. *(This may be less than the milk in your daily tea and coffee)*
- 100 cal will be used during 20-25 minutes of light cycling and during 10 minutes of high intensity cycling on an exercise bike. *(So try to be active 30 minutes each day)*

Our bodies maintain fine control of our weight much like the thermostat in a heater. It is important to switch the body to burn fat reserves ASAP to minimise cravings for sugar and hunger by avoiding 'easily processed' carbohydrates that cause peaks and troughs of blood sugar and blood insulin by eating good foods.

## Phase 1 - Induction (to make body burn excess fat). 2-4 Weeks

**Foods to Avoid include:** (easy carbohydrates which cause peaks and troughs in blood sugar levels)

No alcohol (it has empty calories)

No fruit, no fruit juice and no sweet drinks (ie. no sugar)

No smoothies, no vitamised food or soups (make the body work to get the calories from food)

No empty calorie food (no comfort food or snacking between meals)

No starch (no rice, pasta, bread, potatoes, cereals, pastries, baked food, corn or carrots)

No dairy

No sweet treats

**Foods To Enjoy include:** (provide slow burn calories that minimise hunger and fatigue)

Non-starchy vegetables, salad (make the body work for the calories)

Nuts (in small quantities)

Meat, fish and eggs

During Phase 1, the aim is to shrink to stomach with smaller portions, eaten slower, using a smaller plate, with no seconds or extra meals and to be a little more active. Any enjoyable activity is better than no activity!

## Phase 2. Maintenance (to keep burning fat)

This involves the cautious reintroduction of carbohydrates until you reach your target weight.

## Phase 3 Long term

Reduce food consumption (smaller portions, share a desert) and increase activity. This is a lifestyle change not a diet.

I think the 5/2 rule is a helpful approach by allowing 2 days to enjoy treats while maintaining disciplined eating and regular activity during the other 5 days to maintain your ideal weight. The easiest way is to have treats outside the house, with sensible eating and activity at home.

## Reference.

The South Beach Diet by Dr Agatston

(NB Diabetics taking tablets or insulin should obtain medical advice before starting this program)

# South Beach Diet

## Foods to Enjoy

### Beef

Sirloin (including minced)  
Tenderloin  
Top round  
Other lean cuts

### Poultry (skin less)

Turkey and chicken breast  
Poussin  
Turkey bacon (2 slices per day)

### Seafood

All Types of fish and shellfish

### Pork

Boiled ham  
Lean bacon  
Tenderloin

### Veal

leg cutlet  
top round  
Veal chop

### Lunch meat

non fat although fat only

### Cheese (fat free or low-fat)

American  
cheddar  
feta  
mozzarella  
parmesan  
ricotta  
provolone  
string  
dairy free cream cheese substitute  
1-2% or fat free cottage cheese

### Nuts

30 pistachios  
20 small peanuts  
15 pecan halves  
1 teaspoon peanut butter

### Eggs

the use of whole eggs is not limited unless otherwise directed by your doctor.  
Use of egg whites as desired.

### Tofu

use of, low-fat or light varieties

### Vegetables

alfalfa sprouts, celery  
artichokes  
asparagus  
aubergines, courgettes  
beans (black, butter, chick peas, green, Italian, kidney, lentils, Lima, pigeon, soy, split peas and wax)  
broccoli, cabbage  
cauliflower  
collard greens  
cucumbers  
lettuce (all varieties)  
mushrooms (all varieties)  
snow peas  
spinach  
turnips  
water chestnuts

### Fats

canola oil  
olive oil

### Spices and seasonings

all spices that contain no added sugar  
broth  
extracts (almond, vanilla etc)  
horseradish sauce  
low-fat butter substitute  
pepper (all varieties)

### ~~Sweet treats~~

limit to 75 calories per day  
baking cocoa powder  
no added sugar chocolate powder  
sugar free ice lollies  
sugar free hard sweets  
sugar less chewing gum  
sugar substitute

## Foods to Avoid

### Beef

Brisket, liver,  
rib steaks and other fatty cuts

### Poultry

chicken wings and legs  
duck, goose  
processed poultry products

### Pork

honey baked ham

### Veal

veal breast

### Cheese

Edam, Brie  
non reduced fat

### Vegetables

Beets, carrots  
Corn,  
tomato (limit to one whole or 10 cherry per meal)  
Potatoes, sweet potatoes & yams

### Fruit

avoid all fruits and fruit juices in phase 1, including:  
apples, apricots, peaches, pears  
berries, cantaloupe  
grapefruit

### Starches and carbohydrate

avoid all starchy food in phase 1, including:  
bread, all types  
cereal, oat meal  
rice, all types  
pasta, all types  
pastry and baked goods, all types

### Dairy

avoid all dairy in phase 1, including:  
yoghurt, frozen yoghurt and ice cream  
milk  
soya milk

### Miscellaneous

alcohol of any kind, including beer and wine

no  
Best  
avoided

# The South Beach Diet

## About the 3 Phase Diet

The South Beach Diet is not low-carb. Nor is it low-fat. The South Beach Diet teaches you to rely on the right carbs and the right fats-the good ones-and enables you to live quite happily without the bad carbs and bad fats. As a result, you're going to get healthy and lose weight-somewhere between 4-6 kg (8-13 pounds) in the first two weeks alone. Here's how you'll do it:

## Phase 1: Banishing Your Cravings

**What you'll eat:** During Phase 1, you'll eat normal-size helpings of meat, chicken, turkey, fish, and shellfish. You'll have plenty of vegetables, eggs, cheese, and nuts. You'll have salads with real olive oil in the dressing. You'll have three balanced meals a day, and it will be your job to eat so that your hunger is satisfied.

Nothing undermines a weight-loss plan more than the distressing sensation that you need more food. No sane eating program expects you to go through life feeling discomfort. You'll be urged to have snacks in the midmorning and midafternoon, whether you want to or not. You'll have dessert after dinner. You'll drink water, of course, plus coffee or tea if you wish.

**What you won't eat:** For the first 14 days you won't be having any bread, rice, potatoes, pasta, or baked goods. No fruit, even. Before you panic: You'll begin adding those things back into your diet again in two weeks. But for right now, they're off-limits. No candy, cake, cookies, ice cream, or sugar for two weeks, either. No beer or alcohol of any kind. After this phase, you'll be free to drink wine, which is beneficial for a variety of reasons. Not a drop during the first two weeks, however.

Now, if you're the kind of person who lives for pasta or bread or potatoes, or if you believe that you can't get through a day without feeding your sweet tooth (three or four times), let me tell you something:

You're going to be shocked at how painlessly two weeks will pass without these foods. The first day or two may be challenging; but once you weather that, you'll be fine.

It's not that you'll have to fight your urges-the cravings will virtually disappear during the first week. I say this with such confidence only because so many overweight people who have already succeeded on this program tell me so. The South Beach Diet may be new to you, but it has existed for several years-long enough to have helped hundreds of people lose weight easily and keep it off.

## Phase 2: Reintroducing Carbs

**How you'll change:** After two weeks, you will be somewhere between 8 and 13 pounds lighter than you are today. Most of that weight will come off your midsection, so right away you'll notice the difference in your clothes. It will be easier to zip your jeans than it's been for some time. That blazer will close without a bulge.

But this will be just the noticeable difference. What you won't be able to see during those two weeks is how you'll have changed internally. You will have corrected the way your body reacts to the very foods that made you overweight.

There's a switch inside you that had been turned on. Now, simply by modifying your diet, you'll have turned it off. The physical cravings that ruled your eating habits will be gone, and they'll stay away for as long as you stick with the program. The weight loss doesn't happen because you're trying to eat less. It will happen because you'll be eating fewer of the foods that created those old bad urges-fewer of the foods that made your body to store excess fat.

**What you'll eat now:** As a result of that change, you will continue losing weight after the 14-day period ends; even though you will have started adding some of those banished foods back into your life. You'll still be on a diet, but if it's bread you love, you'll have bread. If it's pasta, you'll reintroduce that. Rice or cereal, too. Potatoes. Fruit will definitely be back. Chocolate? If it makes you feel good, sure.

You will have to pick and choose which of these indulgences you permit yourself. You won't be able to have all of them all the time. You'll learn to enjoy them a little differently than before-maybe a little less enthusiastically. But you will enjoy them again soon. You'll remain in Phase 2 and continue losing weight until you reach your goal. How long it takes depends on how much you need to lose. People lose, on average, a pound or two a week in Phase 2. Once you hit your target, you'll switch to an even more liberal version of the program, which will help you to maintain your ideal weight.

## Phase 3: A Diet For Life

This is the stage that lasts the rest of your life. When you get to this point, you'll notice that this plan feels less like a diet and more like a way of life. You'll be eating normal foods, after all, in normal-size portions. You can then feel free to forget all about the South Beach Diet, as long as you remember to live by its few basic rules.

**The final change:** As you're losing weight and altering how your body responds to food, a third change will be taking place. This one will significantly alter your blood chemistry, to the long-term benefit of your cardiovascular system. You will improve invisible factors that only cardiologists and heart patients worry about. Thanks to this final change, you will substantially increase your odds of living long and well-meaning you will maintain your health and vitality as you age.

You may start on the South Beach Diet hoping just to lose weight. If you adopt it and stay with it, you will surely accomplish that much-but you'll also do a lot more for yourself, all of it very good. I'm not exaggerating when I say that this diet can, as a fringe benefit, save your life.

Ref:

Dr Agatston.

[http://secure.agoramedia.com/index\\_sbd2.asp?promo=99CCDCA-C-DE24-486D-876D-86B7F84F5C81&email=](http://secure.agoramedia.com/index_sbd2.asp?promo=99CCDCA-C-DE24-486D-876D-86B7F84F5C81&email=)

Agatston, A, The South Beach Diet. Headline 2003. ISBN: 0755311299