



South Beach Diet 101

Phase 1

Phase Out Bad Carbs and Fats

The first 14 days of the [South Beach Diet](#) are called Phase 1. It is often referred to as the "strict" part of the plan. This is because Phase 1 includes the most stringent rules about [what you cannot eat](#).

It is important that you follow the guidelines for Phase 1 to a "T". There is no middle ground: If a food is on the Foods to Avoid list -- even if it is a highly nutritious or low-fat food -- you *cannot* eat it. You will be building all of your meals around [a selection of nutritious foods](#) (prepared in a healthy way) that have a [low GI](#).

Why So Strict?

[Dr. Agatston](#) says the purpose of Phase 1 is to relieve you of cravings for sugar and starches. As an added benefit, you'll also achieve a significant amount of weight loss in a fairly short amount of time. It is possible to lose up to 14 pounds upon completing these initial two weeks of the diet. In particular, [belly fat](#) will most likely be noticeably reduced after Phase 1.

Who Should Follow Phase 1?

Anyone just beginning [The South Beach Diet](#) should start in Phase 1 and remain on it for at least two weeks. It is also appropriate if you have been on the later Phases of the South Beach Diet for a while and you find your weight loss has stalled or you are gaining some weight back.

It is acceptable to [stay on Phase 1](#) for longer than two weeks if you desire to, but it isn't recommended for the long-term. To continue losing weight so rapidly could mean you're less likely to keep it off. Plus, in [Phase 2](#), you can start adding more healthful foods back into your meals.

Please note: Nursing women and children should *not* follow Phase 1; they should instead use the healthy eating guidelines set forth in [Phase 2](#) and [Phase 3](#). Please consult your physician or pediatrician before changing your diet or your child's.

Forbidden Foods on Phase 1

Foods you will give up during [Phase 1](#) of [The South Beach Diet](#) include, but are not limited to:

1. **Certain Meats and Poultry, including**
 - Fatty cuts of beef
 - Prime rib
 - Dark meat chicken and turkey
 - Honey-baked ham
2. **Certain Vegetables, including:**
 - Beets
 - Carrots
 - Corn
 - Green peas
3. **All Starches, including:**
 - Bread
 - Potatoes
 - Cereal
 - Pasta
 - Rice
4. **All Fruit and Fruit Juice**
5. **Whole Milk**
6. **All Alcohol**
7. **All Sweets, including**
 - Ice cream
 - Baked goods
 - Candy

You will find a **complete list** of these "forbidden" foods in the book.

Foods to Eat on Phase 1

Foods you will be eating during [Phase 1](#) of the [South Beach Diet](#) include **protein, dairy, beans, vegetables, and nuts**. The acceptable foods include, but are not limited to:

1. **Certain Meats and Poultry, including**
 - Boiled ham
 - Lean ground beef
 - Turkey and chicken breast
 - Canadian and/or turkey bacon
 - Low- and/or non-fat lunch meat
 - All types of seafood
2. **Beans, including:**
 - Black eyed peas
 - Great northern beans
 - Chickpeas
 - Pinto beans
3. **A wide variety of vegetables, including:**

- Tomatoes
 - Squash
 - Onions
 - Mushrooms
 - Lettuce
 - Sprouts
 - Spinach
 - Okra
4. **One serving of nuts** each day such as almonds, cashews, or macadamia nuts
 5. **Low-fat cheeses**
 6. **Eggs**
 7. **Fats and oils** such as olive oil, avocado, or mayo
 8. **Sugar substitutes**
 9. **Treats** such as sugar-free gelatin, hard sugar-free candy, and fudge pops

You will find both a complete list of these foods to enjoy, as well as the ["forbidden" foods](#) in the South Beach Diet book in the section about [Phase 1](#).

Should I Stay on Phase 1 Longer?

It is acceptable to stay on [Phase 1](#) of the [South Beach Diet](#) for longer than two weeks if you have a large amount of weight to lose, but it *is not* recommended for long-term use.

[Dr. Agatston](#) says people who are morbidly obese (have a BMI of more than 35) can stay on Phase 1 for up to two months. He recommends adding exercise, such as aerobics or walking, if you stay on Phase 1 for an extended period.

It is not *mandatory* that you stay on Phase 1 for longer than two weeks if you're morbidly obese. It is your option. You will still continue to lose weight if you proceed into [Phase 2](#) after 14 days; it will just be at a slower rate than what you experienced during Phase 1.

Anyone who doesn't have a significant amount of weight to lose, or has a BMI of 30 or lower, should stay on Phase 1 for the standard two week time period. To continue losing weight so rapidly could mean you're less likely to keep it off. Or, you could find your weight loss stalls completely thanks to a lowered metabolism.

Advancing into Phase 2 is an important part of the South Beach Diet. This is when you can begin adding some of those "forbidden foods" back into your diet, which will improve your nutrition and overall health (and prevent mealtime boredom!).

Proceeding to [Phase 3](#) will help you make the SBD a permanent lifestyle ... for permanent success!