



Phase 2 of the South Beach Diet

Who Should do Phase 2?

Anyone who has completed [Phase 1](#) of the [South Beach Diet](#) then enters Phase 2. You will continue to follow the guidelines set forth in Phase 2 until you have met your goal weight.

A few types of people must *enter* the South Beach Diet at Phase 2: nursing mothers, children, and teenagers. Anyone who doesn't need to lose very much weight can also start at Phase 2.

What Can I Eat on Phase 2?

You can now begin returning some of those "forbidden foods" that [weren't allowed in Phase 1](#). You will continue to eat the [Phase 1 acceptable foods](#) as well. Foods returning to your diet will include low-[GI](#) fruits, whole grain bread and pasta, and low-fat dairy.

However, you'll still be steering clear of those "bad carbs" [Dr. Agatston](#) talks about like sweets; white bread; regular pasta; and potatoes.

Foods to Eat on Phase 2

Foods you will be eating during [Phase 2](#) of the [South Beach Diet](#) include [low-GI fruits](#), **whole grain bread and pasta**, and **low-fat dairy**. You can also continue to eat all acceptable [Phase 1 foods](#). The acceptable foods include, but are not limited to:

1. **Low-GI fruits, including**
 - Apples
 - Bananas
 - Cantaloupe
 - Grapes
 - Oranges
 - Pears
2. **Starches, including:**
 - Whole wheat bagels
 - Whole wheat bread
 - Some cereals
 - Whole grain crackers
 - Whole wheat pasta

3. **A variety of additional vegetables, including:**
 - o Green peas
 - o Carrots
 - o Potatoes
 - o Pumpkin
 - o Yams
4. **Semi-sweet chocolate**
5. **Non-fat yogurt**
6. **Fat-free pudding**
7. **Wine (1 or 2 glasses a day)**

You will find both a complete list of these foods in the South Beach Diet book in the section about [Phase 2](#).

Phase 3 of the South Beach Diet

Who Should do Phase 3?

Anyone who has completed [Phase 1](#) and [Phase 2](#) of [The South Beach Diet](#) should follow Phase 3.

What Can I Eat on Phase 3?

Anything you want! You will be able to determine the amount of carbs you can add back into your diet without gaining weight. If you see your weight go up, cut back on carbs. If you need to lose weight, you can start the Phases over again.

How Long do I Follow Phase 3?

By the time you reach Phase 3, you will have learned all the skills you need to maintain your goal weight. You will be on Phase 3 for good ... it is now your way of life.

30 Things You Need to Know About The South Beach Diet

1. The South Beach Diet -- despite sometimes being referred to as one -- is in fact *not* a low-carb diet plan.
2. The South Beach Diet is based on eating the right carbohydrates (i.e. "good carbs") and fats.
3. Eventually, you will be satisfied without eating the carbs you normally do, as your body adjusts to the good carbs you are eating.
4. It is completely acceptable and recommended on The South Beach Diet to eat until you are fully satisfied.
5. The first two weeks of The South Beach Diet are called Phase 1.
6. Phase 1 is the strictest part of The South Beach Diet and provides the fewest allowable foods as compared to the other two Phases.
7. The purpose of Phase 1 of The South Beach Diet is to adjust the way your body reacts to sugar and starches.
8. You will lose the most weight during Phase 1 (up to 14 pounds), especially belly fat.
9. During Phase 1 you will not be eating bread, rice, potatoes or pasta.
10. The first few days of Phase 1 are the most difficult part of this diet.

11. Baked goods, sweets, and fruits are completely off-limits during Phase 1 as well.
12. Alcohol of any kind is not allowed during Phase 1.
13. During these two weeks you'll be eating high-fiber foods such as vegetables and salads, as well as fish, meat, chicken, eggs, non-fat yogurt, low-fat cheese, and nuts.
14. The South Beach Diet allows you six meals a day: three main meals, two snacks, and one dessert.
15. You'll find a variety of recipes in the book, such as Marinated Flank Steak, but you don't have to cook to follow the plan.
16. The science behind this diet is the Glycemic Index, which measures how a food impacts your blood sugar.
17. Since salads and vegetables are naturally low on the Glycemic Index, you can consume virtually unlimited amounts of them on this plan.
18. After Phase 1, those powerful cravings for candy, baked goods and "bad carbs" like white bread will be a thing of the past.
19. Eventually, you can eat anything you want and still be considered on the program.
20. If you feel hungry during Phase 1, increase the amounts of allowable foods you are eating. Remember, Dr. Agatston says it's "your job" to eat until you are no longer hungry.
21. Eliminating "bad carbs" from your diet is a way for this diet to give your bloodstream a fresh start, free of those insulin-spiking starches and sweets.
22. You can quell your sweet tooth: Sugar-free gelatin such as pre-packaged sugar-free Jello cups are an easy and recommended dessert during Phase 1.
23. Dr. Agatston provides recipes for a number of Phase 1 desserts that use reduced-fat ricotta cheese.
24. Obese individuals may choose to stay on Phase 1 for longer than two weeks.
25. Most people should advance to Phase 2 after two weeks to prevent getting burned out.
26. Phase 2 is much more liberal than Phase 1.
27. You will return previously "forbidden" foods such as whole grain breads, fruits, and sweet potatoes back into your diet (albeit a little bit at a time) during Phase 2.
28. Weight loss will slow down significantly during Phase 2.
29. Phase 3 is the maintenance Phase of The South Beach Diet. You can add any foods you wish unless you find that you are gaining weight.
30. You can start over in Phase 1 again if you see you are gaining weight during Phase 3.

What is the Glycemic Index?

The Glycemic Index is the science behind the **South Beach Diet**. The Glycemic Index, (or **GI**), ranks foods based on their effect on blood sugar in your body.

Each food on the **Glycemic Index** receives a "score" according to how much your blood sugar level increases within a few hours of eating it. When following any weight loss diet based on this concept, you'll be choosing from foods that have a low GI rating.

A potato, for example, is very high-GI food (which is potatoes are on the **forbidden foods** list on The South Beach Diet) and raises blood sugar very quickly after being consumed; berries have a low-GI rating, so they don't have an adverse effect on your blood sugar. (The longer it takes a carbohydrate to "break down" after being consumed, the lower its GI.)

According to glycemicindex.com, Home of the Glycemic Index, following a diet comprised of lower GI foods can offer the following benefits:

- A less significant rise in blood glucose following meals;
- Can help you lose weight;

- Improves insulin sensitivity;
- Assists in diabetes control;
- Provide a longer sense of satiety (fullness).

Why Do You Lose Belly Fat First?

Losing **belly fat first** is a definite plus for those who follow the [South Beach Diet](#). After [Phase 1](#), you will find your pants are quite a bit looser ... you may even have to go shopping for new ones! So, how can a diet cause you to lose weight in a certain area?

Well, technically, it's your body's response to the diet -- not the diet itself -- that leads to the reduction of stomach fat (aka "central adiposity").

Not only does this give your motivation a boost early in the diet, it also **provides health benefits**: Belly fat has been proven to cause an increased heart disease risk in both women and men.

Dr. Agatston explains the diet's belly-fat-reducing mechanism in the book: Eating diets high in refined sugar and other "bad" carbohydrates spikes your blood sugar, leading to **higher insulin levels** in your body. The increased insulin levels **cause fat to be deposited more prevalently in your belly**, rather than other areas of the body.

Since the South Beach Diet is all about controlling insulin levels by focusing on "good" carbs and banishing bad ones, making the changes set forth in [Phase 1](#) will lead to a shrinking waistline!

South Beach Diet A to Z

<http://weightloss.about.com/library/sbd/az/blsbdaz.htm>