

[PDF] The South Beach Diet Supercharged: Faster Weight Loss And Better Health For Life

Arthur Agatston, Joseph Signorile - pdf download free book



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Description:

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Five years ago, with the publication of *The South Beach Diet*, renowned Miami cardiologist Dr. Arthur Agatston set out to change the way America eats. Now he has an even more ambitious goal:

to change the way America lives by helping Americans become fitter as well as thinner and healthier for life. In the all-new *The South Beach Diet Supercharged*, Dr. Agatston shows you how to rev up your metabolism and lose weight faster while following the proven healthy eating principles of the original diet: choose good carbs, good fats, lean protein, and low-fat dairy. Collaborating with Dr. Joseph Signorile, a professor of exercise physiology at the University of Miami, Dr. Agatston presents a cutting-edge, three-phase workout that perfectly complements the three phases of the diet itself. Based on the latest exercise science, this ease-into-it fitness program combines low- and high-intensity interval exercise (with a focus on walking) and functional core body-toning exercises. The result: you'll look fitter and you'll burn more fat and calories all day--even at rest. Also included is the latest nutritional research on how specific foods high in vitamins, minerals, fiber, and a host of phytonutrients help keep you healthy; new and expanded lists of Foods to Enjoy; taste-tempting Meal Plans for phases 1 and 2; and dozens of easy-to-prepare new recipes, including Eggs Frijoles, Chock-Full-of-Veggies Chili, Roasted Tomato Soup, Homestyle Turkey Meatloaf, and South Beach Diet Tiramisu. In every chapter you'll find inspiring success stories from real-life South Beach dieters and plenty of effective weight loss tips. And as an added bonus, Dr. Agatston answers the questions you've most often asked him about the diet since the original book was published.

Before and After *The South Beach Diet Supercharged*

After 6 weeks, Allison Brady, age 37, lost 12 pounds and 12 1/4 inches--6 inches in her belly alone! Allison also reduced her blood cholesterol levels by 45 points. (Photos by Jeffrey Salter for Redux)

Before

After

Dr. Agatston Answers Frequently Asked Questions about South Beach Dieting

I'm doing so well on Phase 1. Why can't I stay on it indefinitely?

There are two types of people on the South Beach Diet: those who cannot wait to start Phase 2 and those who never want to see Phase 1 end.

Why are some people so enamored with Phase 1? The reason is that it's simple and to the point. You don't have to do a lot of thinking about food choices. You're basically eating lean protein, high-fiber legumes, low-fat dairy, good fats (including some nuts), and plenty of vegetables. Those highly processed refined carbs that were your downfall are out of sight and, within a few days, out of mind (at least for most people). You're encouraged to eat until you're full and snack before you get hungry. And every time you step on the scale, you get a big grin on your face because those unwanted pounds and fat are just melting away. So it's not surprising to me that Phase 1 fans often ask, "If I'm doing so well on Phase 1, why do I have to move on to Phase 2?" Phase 1 is not meant to be a long-term eating plan. Its dual goals are to jump-start weight loss for people who have 10 or more pounds to lose (thus providing immediate positive reinforcement) and to control swings in blood sugar and eliminate cravings for sugar and refined starches. Phase 1 can also have a positive effect on sugar in people with pre-diabetes. In just 2 weeks, you should have achieved these two goals and be ready to move on.

Once your sugar and cravings are under control, there's a key reason to go on to Phase 2: we don't want you to miss out on the myriad vitamins, minerals, and other nutrients that come from reintroducing whole fruits and whole grains to your diet, not to mention the added fiber. These foods

contain thousands of phytochemicals that protect your body against a host of diseases, including heart disease and cancer. If you were to continue indefinitely on Phase 1 and deny yourself these foods, you would not be learning how to make good food choices in the real world. More importantly, you'd be missing out on some of the best medicine nature has to offer.

In addition, if you were to continue with the smaller palette of foods recommended on Phase 1, your diet would get dull over the long haul. And once you're bored, you're much more likely to revert to your old eating habits. For the diet to truly become a lifestyle--one that allows you to sustain weight loss and garner all the related health benefits--there has to be variety and satisfaction in your eating plan. That's another reason why we move you on to Phase 2 so quickly.

Remember, it may take you longer to lose weight by following the three phases of our diet. But the chances of keeping that weight off are far better.

Can I still eat as much protein now that I'm eating more carbohydrates on Phase 2?

As you know, on the South Beach Diet, we don't expect you to count grams of protein or weigh your food on any phase. Now that you're gradually adding satisfying high-fiber whole grains and fruits to your diet on Phase 2, you'll naturally be less hungry, and the amount of lean protein you require to feel full will no doubt be less than you were eating on Phase 1. That said, I encourage you to eat some protein--fish or shellfish, lean beef or pork, white meat chicken or turkey, or soy protein, for example--along with these good carbs at most meals.

Protein helps slow down the digestion of carbohydrates, which means that your body will make less insulin, your sugar swings will be reduced, and you won't crave more food in between meals. I also urge you to eat slowly, savor your food, and really enjoy the variety of foods you'll introduce on Phase 2. If you do this, your focus will no longer be on how much protein you can have because you'll never be hungry. Another tip: Once you're satisfied, push your chair away from the table. It's fine to leave some food on your plate at the end of a meal.

Can I really eat anything I want on Phase 3?

If you're talking about dessert as an occasional treat, of course. On Phase 3, we don't regulate what you can eat. Yes, you can finally have that small bowl of ice cream or a small piece of chocolate cake or the white bagel that you couldn't have before. But you shouldn't do it too often, and you should continue to watch amounts on desserts. Phase 3 isn't about abandoning the good principles of the diet and suddenly resuming your old eating habits. It's about continuing to make smart, healthy food choices--for life. If you follow the principles of the diet most of the time, we expect you to enjoy anything you want now and then.

Six Ways to Succeed on *South Beach*

The South Beach Diet The South Beach Diet Cookbook The South Beach Diet Supercharged Workout DVD The South Beach Diet Quick & Easy Cookbook The South Beach Diet Taste of Summer Cookbook The South Beach Diet Heart Program

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From Publishers Weekly Releasing five years after cardiologist Agatston's *South Beach Diet* hit the shelves, initiating a megamillion-dollar franchise (cookbooks, a dining guide, meal replacement bars, frozen foods, etc.), this supercharged version of the plan guides readers into a healthy lifestyle for the long haul. While the first book focused on ending cravings and losing and maintaining a

healthy weight, here Agatston introduces a 20-minute-a-day fitness regimen, developed with exercise physiologist Signorile and Pilates instructor Kris Belding. The two-part workout—interval walking (cardio) and total body (core)—geared to boosting metabolism and preventing plateaus, works in three phases in conjunction with the diet and can be adapted to different fitness levels and conditions. An overview of Agatston's philosophy on optimal nutrition, a recap of the diet, detailed daily fitness routines, tips on exercising efficiently, sample meal plans and simple recipes (Moroccan lemon chicken; maple-almond flan) are among the many features that make this appealing, accessible volume a worthwhile update on the original. Photos. (*Oct.*)

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