

Title:

Foods To Avoid On The South Beach Diet

Word Count:

560

Summary:

The South Beach Diet is a plan that is set for right carbohydrates and right fats for a healthy life. Many considered it as the "big thing" in the series of diet fads today. However, as the number of people who consider the South Beach Diet as a popular diet from different parts of the globe, many people are still not aware about the foods to avoid on the South Beach Diet.

So what then are the foods to avoid on the South Beach Diet?

Before knowing the foods to avoid on ...

Keywords:

diet,south beach diet,health,exercise

Article Body:

The South Beach Diet is a plan that is set for right carbohydrates and right fats for a healthy life. Many considered it as the "big thing" in the series of diet fads today. However, as the number of people who consider the South Beach Diet as a popular diet from different parts of the globe, many people are still not aware about the foods to avoid on the South Beach Diet.

So what then are the foods to avoid on the South Beach Diet?

Before knowing the foods to avoid on the South Beach Diet, one should first know the overall concept of the South Beach Diet. So generally, the South Beach Diet is specifically divided into three different phases. Each phase has its own distinction and limitation. However, knowing the foods to avoid on the South Beach Diet requires a great focus on the phase one of the diet. Why? It is for the reason that the foods to avoid on the South Beach Diet are largely found here.

The phase one of the South Beach Diet is considered to be the strictest phase of the diet. Perhaps, it is for the reason that there are so many foods to avoid on the South Beach Diet. So among the foods to avoid on the South Beach Diet specifically on the phase one are beef rib steaks, honey-baked ham, breast of

veal, all yogurts, ice cream, milk including whole, low-fat, soy, and full fat cheeses, beets, carrots, corn, yams, fruits and fruit juices, all alcohol. It is also necessary to remember that aside from those foods to avoid on the South Beach Diet, there are also some sorts that are included in the foods to avoid in the South Beach Diet and these include all starchy foods such as bread, cereal, oatmeal, matzo, rice, pasta, pastries, baked goods, crackers, etc.

As you will notice some of the foods to avoid on the South Beach Diet are really carbohydrates. These mentioned foods are considered as foods to avoid on the South Beach Diet for so many reasons. One of the big reasons is that the theory states that once weight decreases, the followers of the diet begin to metabolize carbohydrates properly and the longing for carbohydrates will consequently disappear. It is also important to know that another version of the such reason for having those foods to avoid on the South Beach Diet is the goal that is to eat three balanced meals a day, and to eat enough so that the dieters don't feel hungry all the time, and the expected weight loss during the phase one of the diet is eight to 13 pounds.

On the second phase the foods to avoid on the South Beach Diet then reintroduced back into the diet, so in this phase up to the last phase, the presence of the foods to avoid on the South Beach Diet are not at all a necessity. However, if we will look at the overall principle and rules of the South Beach Diet, we can see that the South Beach Diet advises those looking to lose weight to be aware of such foods to avoid on the South Beach Diet. The logic for these foods to avoid on the South Beach Diet holds that the fat are replaced with carbohydrates, and are therefore still fattening.