

Published based on [The South Beach Weight Loss Plan?](#)

The South Beach Weight Loss Plan?

Just what is the South Beach Diet and what exactly are its benefits and its disadvantages? Is it a [quick way to lose weight](#)?

The South Beach Diet plan is the innovation of cardiologist Arthur Agatston, MD, director of the Mount Sinai Cardiac Prevention Center in Miami Beach, Florida. And much like the Atkins Diet plan, Dr. Agatston's South Beach Diet plan also restricts the consumption of carbohydrate food in addition to including a severely limited 2 week induction stage that is followed by a lasting weight loss plan. So this means that potatoes, berries, bread, cereal, rice, noodles, beets, carrots, and corn will no longer be allowed, certainly during the induction stage. So, with the formerly discussed similarities, you most likely are wondering where Atkins and South Beach basically vary.

To begin with, whilst Atkins promotes the obscene eating of saturated animal fat, South Beach bans pretty much all bad fats whilst, alternatively, supporting the consumption of more healthy unsaturated fat. One other distinction is available in their opposite opinions of carbs. The South Beach Diet plan doesn't count grams of carbs and low-sugar carbohydrates are actually recommended. For that reason, South Beach cannot be named as simply as "low-carb" in contrast to the Atkins Diet plan, and its profile on fats disqualifies it from being named a "low-fat" *diet* as well. One of the most positive factors that the South Beach Diet tends to make is for individuals to snack in the daytime in order that hunger pangs can be balanced out and their metabolism continues to be increased. Actual food servings will be just sufficient enough to fulfill ones craving for food but no bigger. One more point that lots of weight loss plans such as South Beach are usually stressing is insulin control by consuming less refined carbohydrates and much more complex, fiber-rich carbohydrates which will maintain your energy levels high and your chance for diabetes reduced.

Nevertheless what about this kind of tough induction stage? As outlined above, one will have to start off the South Beach Diet using what they call an induction procedure that lasts for Fourteen days. During these Fourteen days, ones choices for food items are limited greatly. Foods to stay away from can include bread, cereal, fresh fruit, pasta, rice, potatoes, and alcoholic beverages. Though you are able to have milk products, only a couple of food servings of low-fat or no fat dairy will be acceptable throughout induction. When the induction stage is over, and your carbohydrate cravings have receded, you can now set out to reincorporate some carbohydrates into the Diet plan. Even so, many food items remain blocked, but things such as pasta can be had occasionally. The Diet plan is maintained until finally you attain your target bodyweight.

Now, South Beach isn't as fantastic as Dr. Agatston would like for you to imagine. For me, just about any diet regime containing a highly restricted phase that simply leaves people nutritionally out of balance isn't a good plan. On top of that, most of the weight dropped in the course of induction happens to be water weight, therefore interfering with the electrolyte stability and causing you to be dehydrated. And finally, the induction stage is a crucial period, yet this is a nearly impossible challenge for most people to go without having grains, pasta, and fruit for a couple of weeks. And for the inexperienced, this induction stage quite frankly asks for too much too soon. So, Dr. Agatston's heart definitely seems to be in the right location, but one-size-fits-all weight loss plans like the South Beach Diet plan seem to be more trouble than they are really worth.