

The South Beach Diet



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著者:Arthur Agatston MD

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Book Description

The South Florida media sensation is now available in a paperback edition. Includes recipes and daily diets.

Amazon.com

The verdict is in: those simple carbs we've been living on are killing us. For good health, we've got to get our blood sugar under control and stop the incessant cravings. Or so says Dr. Arthur Agatston, author of The South Beach Diet. The first half of the book details the science behind the diet. Most of the explanations revolve around why things you thought were healthy—orange juice, wheat toast, carrots—are actually evil. To avoid blood sugar surges, Agatston created a modified carbohydrate plan, recommending plenty of high-fiber foods, lean proteins, and healthy fats, while cutting bread, rice, pastas, and fruits. Major differences from other diets include a lack of concern over portion size and a serious indifference to exercise. Feeling full while on a

diet is a beautiful thing, but it seems odd that a cardiologist buries his exercise recommendations in a solitary sentence.

The last half of the book covers his three-stage plan; daily diets are mixed with recipes, some of which are from South Beach restaurant chefs. The most restrictive period lasts just two weeks, enough time to stabilize your urges and lose a few pounds; stage two adds fruits and a handful of other carbs, while stage three is meant to last the remainder of your life, with occasional lapses for white bread or birthday cake. While the diet is sound, the book could be better organized. The first half mixes scientific study with anecdote in a seemingly random way, while the mix of meal plans and recipes can be confusing. Still, the recipes are varied and tasty, and you'll never feel deprived, unless you currently happen to live by bread alone.

--Jill Lightner

From Publishers Weekly

Despite the glitzy title, this is one of the more appealing diet books among the new "anti-carb" programs. Agatston, a doctor based at Miami Beach's Mt. Sinai Medical Center, found that his patients not only were unable to stay on various popular diets but their cholesterol and blood sugar levels remained dangerously high after trying these plans. The doctor chose to alter his own diet—first avoiding all carbohydrates and fruit and then reintroducing these foods in moderation. Feeling better and losing weight, he then consulted a nutritionist to modify his strategy to devise a sound method for his patients. The South Beach diet begins with a somewhat restrictive two-week program, generally producing a weight loss of from eight to 13 pounds. The initial phase may be difficult for those who crave bread, pasta and fruit. But there are still choices, and snacks (cheese, hummus, vegetables) are a necessary part of the diet. People shouldn't feel hungry on this part of the diet, stresses the author. The second phase offers somewhat more choices, including whole wheat bread and other selected carbohydrates. Agatston advocates combining the "bad" with the "good." For example, take whole wheat bread and dip it into olive oil, rather than using butter. Eat a very small amount of pasta with lots of vegetables, meat and healthy oils. Complete meal plans along with simple recipes comprise roughly half the book. Of course, there's no perfect diet that works for everyone but the enthusiasm of the conversational tone and the inviting manner make the book more appealing than many other diet tomes.

From the Inside Flap

"Dr. Agatston is a noted cardiologist who's made many contributions, but The South Beach Diet may be his best. Importantly, this is not 'another diet book.' This is a book about health and well-being. Dr. Agatston does an outstanding job of explaining the importance of the types of food we eat and its impact on preventing illnesses, such as coronary heart disease and diabetes. Not only will you feel better if you follow his diet, but you will look and live better." --Randolph P. Martin, M.D., director of noninvasive cardiology at Emory University Hospital in Atlanta

When renowned cardiologist Arthur Agatston, M.D., set out to develop a safe diet for his chronically overweight heart patients, he didn't expect to become a media star in South Florida. But news of his patients' dramatic successes soon spread far beyond the confines of his practice. Strangers started calling to ask for a copy of the diet, and local news began featuring stories of its popularity. Soon, the South Beach Diet was a bona fide craze in Miami.

And no wonder. South Beach dieters lose 8 to 13 pounds in the first 2 weeks without feeling hungry. Dr. Agatston's plan allows you to eat the foods you love--meat and fish, cheese, healthy oils and nuts, vegetables, and the right carbohydrates and sweets. There's no mandatory exercise, and best of all, you'll lose that stubborn belly fat first.

From the Back Cover

The Diet Everyone's Talking About

"I have tried every diet--including Weight Watchers, The Zone, Atkins, Jenny Craig--and have had a difficult time staying on those programs. The South Beach Diet is easy, simple, and delicious. If you want live to be 103 and be shot by your lover's spouse instead of dying of heart disease or diabetes, I suggest you try it!"--Linda Richman, author of I'd Rather Laugh

For years, cardiologist Arthur Agatston, M.D., urged his patients to lose weight for the sake of their hearts, but every diet was too hard to follow or its restrictions were too harsh. Some were downright dangerous. Nobody seemed to be able to stick with low-fat regimens for any length of time. And a diet is useless if you can't stick with it.

So Dr. Agatston developed his own. The South Beach Diet isn't complicated, and it doesn't require that you go hungry. You'll enjoy normal-size helpings of meat, poultry, and fish. You'll also eat eggs, cheese, nuts, and vegetables. Snacks are required. You'll learn to avoid the bad carbs, like white flour, white sugar, and baked potatoes. Best of all, you'll eat until you're no longer hungry.

Dr. Agatston's diet produced such consistently dramatic results (8 to 13 pounds lost in the first 2 weeks!) that it became a media sensation in South Florida. Now you, too, can join the ranks of the fit and fabulous with The South Beach Diet.

About Author

ARTHUR AGATSTON, M.D. , is a cardiologist who has served on committees of the American Society of Echocardiology, the American College of Cardiology, and the Society of Atherosclerosis Imaging, where he is a member of the founding board of directors. He lives in Miami Beach with his wife, Sari, and their two children.

Book Dimension :

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