

The South Beach Diet Good Fats/Good Carbs Guide (Revised): The Complete And Easy Reference For All Your Favorite Foods (The South Beach Diet) By Arthur Agatston, Arthur Agatston (2005) Paperback

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If a food is on the plan s "Foods to Avoid" list you should not eat it, even if it is foods that rank low on the Glycemic Index and are prepared in a healthy way.

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<http://articles.mercola.com/sites/articles/archive/2004/06/09/south-beach-part-one.aspx>

The South Beach Diet is a popular diet developed by Arthur Agatston and promoted in a best-selling 2003 book. It emphasizes eating high-fiber, low-glycemic
http://en.wikipedia.org/wiki/South_Beach_Diet
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