

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 Agatson (2005) Paperback

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South Beach focuses on choosing good carbs and good fats in a 3-phase process. It may aid rapid weight loss, but it may be hard to follow long-term.
<http://health.usnews.com/best-diet/south-beach-diet>

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