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South Beach Diet was written by Arthur Agatston, M.D., who is a cardiologist who has served on committees of the American Society of Echocardiology, the American College of Cardiology, and the Society of Artherosclerosis Imaging. The first half of the south beach diet book details the science behind the South Beach 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 south beach diet book covers his three-stage plan.

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