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South Beach Diet Snacks

The south beach diet is currently extremely popular in the health industry and many individuals seek information about south beach diet snacks. Many people following this diet are doing so without accurate information. If you are unaware how the South Beach diet works, let me explain. The basic concept of the South Beach diet is to substitute bad fats and carbohydrates with good ones. The recommended foods to consume include;

- Beef
- Chicken
- Turkey
- Shellfish
- Fish
- Cheese
- Eggs
- Vegetables
- Nuts

The basic meal plan not including south beach diet snacks includes the usual three meals per day. These meals include a combination of the above mentioned foods and are portion controlled according to your age, weight, and body type. The diet also permits you to consume garden salad with meals but any salad dressing must contain only pure olive oil. In Addition to the three meals per day the diet also recommends consuming a between meal snack and dessert after dinner.

Many of the guides available online are inaccurate and therefor many people who have these guides are ill-informed and don't understand that they should be consuming snacks in addition to three meals per day. This is crucially important to the diets success and should be strictly followed. Hence the massive demand for snack options, suggestions, and general information regarding south beach diet snacks.

Due to this demand for information on south beach diet snacks, we have decided to provide the following tips to assist you in understanding why these snacks are so vital to the diet. We will also provide some available options for these snacks.

The reason that these snacks are so crucial to the South Beach diet is because the south beach diet operates by re-training your body to crave healthy foods rather than unhealthy ones. To do this you must consume a lot of food, not the physical amount of food but the frequency. This is why between meal snacks are so important.

Many people are uncertain what types of snacks they should be eating as well as what portion size portion should be consumed. The problem with most online guides to south beach diet snacks is that they fail to supply this information. South beach diet snacks should consist of foods that are permitted during the south beach diet phase 1. As far as portions go, snack portions should be around one quarter of the recommended lunch portion or less. It is important not to fill up on these snacks. If you find it difficult to finish your meals, then reduce your snack portions accordingly.

Here are several suggested snacks recommended by the south beach diet;

- Snow or sugar snap peas - almost like eating sweets when not consuming sugar
- Quarter cup of Nuts
- Low fat, no added sugar yogurt
- Low fat dip or low fat, low sugar peanut butter with celery
- Cheese portions - Can be purchased in multi packs
- Fresh Tomato - Can be seasoned with sea salt and herbs
- Sugar free jello
- Edamame (young green soy beans in the pod)

We sincerely hope this post has helped you answer any questions you have regarding south beach diet snacks.

You can also find this article published on [South Beach Diet Snacks](#), and on the tag pages [Popular Diets](#).