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# **Is the South Beach Diet Safe?**

Many people wonder is the South Beach Diet safe for everyone. Yes it is! However, there are several to consider before deciding whether the South Beach Diet is for you, you need to research how the South Beach Diet works. There are limited resources available providing an in depth explanation of how this diet assists in retraining you to eradicate the unhealthy eating habits of your existing diet. This post is designed to provide a succinct explanation of how the South Beach Diet works and why it is safe.

If you follow trends in the weight loss industry even casually you have most likely heard of the South Beach Diet. Celebrities like Jennifer Aniston, Bill and Hillary Clinton, Nicole Kidman, Bette Midler and Oprah Winfrey are reputed to found success with this diet which has helped put it in the news. This is one of the latest trendy diets in the weight loss industry and for good reason. Perhaps the reason this diet has proven so effective is the phases it is split into. Similar to the Atkins diet and other low carbohydrate diets the South Beach diet assists dieters to determine how much carbohydrate they can consume without gaining extra weight. This makes the phases key to the success of the diet. The three phases of the diet are all similar in regards to the foods permitted except that phase one is very strict, phase two allows greater flexibility and phase three permits even greater flexibility. It uses the concept of removing certain foods from the diet then slowly reintroducing them. This is the easiest way to transition from one phase to the next. This is also the reason that people have stopped questioning, “ is the south beach diet safe” since the phases are proven to be both safe and effective.

The three phases of the South Beach Diet are:

- Phase one: Eliminate cravings and kickstart Weight loss.
- Phase two: Lose steadily.
- Phase three: Maintain for life.

Foods recommended in phase one include; chicken, turkey, beef, fish, cheese, eggs, nuts and vegetables. You will also eliminate potatoes, rice, bread, pasta, fruits, baked goods, ice cream and sweets in this phase. However, these foods will be reintroduced slowly in phase two of the diet. It is also crucial to eliminate beer and alcohol from your diet in phase one.

The concept of transitioning your diet using phases is the best way to retrain the way your body craves food. The South Beach Diet includes three meals per day as well as two snacks (one between each meal). This is very different from diets that deprive you of foods which just makes you crave food more. This is the process that makes the South Beach Diet safe. By retraining your body to receive energy and nutrients from healthy foods rather than foods that are high in carbohydrates and fat, you will gradually eliminate cravings for less healthy foods that were such a trap in the past.

All of these reasons combined have proven that the south beach diet is safe. This is also contributed to the rapidly growing popularity of the diet. The fact that you can lose weight quickly and safely has made the South Beach Diet an extremely popular trend in the weight loss industry.

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