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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.

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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

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South Beach Diet Plan outline and meal plans for each of the 3 phases. We show you how this low carb plan works and discuss how it can help you slim down.

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