

**The South Beach Diet Good Fats/Good Carbs Guide
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Favorite Foods (The South Beach Diet) By Arthur Agatston,
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<http://thealternativecommunity.com/south-beach-diet/south-beach-diet-phase-1-food-list-of-good>

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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

http://en.wikipedia.org/wiki/South_Beach_Diet

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On the South Beach Diet, you don't have to count -- not fats, not carbs, and certainly not calories. The secret is eating the right foods -- the good fats and good <http://www.barnesandnoble.com/w/south-beach-diet-good-fats-good-carbs-guide-arthur-agatston/1101954703?ean=9781579549589>

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<http://www.webmd.com/diet/south-beach-diet-what-it-is>

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