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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

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If a food is on the plan s "Foods to Avoid" list you should not eat it, even if it is foods that rank low on the Glycemic Index and are prepared in a healthy way.

<http://thealternativecommunity.com/south-beach-diet/south-beach-diet-phase-1-food-list-of-good>

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