



## Phase 1

Phase 1 last for two weeks. During this first phase, you will eat normal meals of chicken, beef, turkey, fish, and shellfish. Lots of vegetables, eggs, cheese, nuts, and garden salads using 100% olive oil for your salad dressing. Each day for 14 days, you will eat three well balanced meals. While eating until your hunger is satisfied may go against, with the South Beach Diet, its part of the plan.

Trying to lose weight and become healthy by depriving the body of food makes no sense. In addition to three meals each day, you will also eat a snack between breakfast and lunch, and the again between lunch and dinner. Even if you don't feel like eating these snacks, for the diet to work, you need to and after dinner you will even have dessert. Additionally, during this phase you can drink all the coffee and tea you want but make sure to drink lots of water.

You may be thinking that this is a lot of food- it is! With most diets, you deprive you body, eating small portions of foods that are unappealing. The change you will make during *this phase is that you will cut out all bread, rice, potatoes, pasta, baked good, fruit, candy, cake, cookies, ice-cream or sugar.* Keep in mind that these eliminated foods will be added back to your diet, starting in phase 2. In addition to taking these foods out of your diet temporarily, you will also need to avoid beer, or any other kind of alcohol. Once you start phase 2 reasonable amounts of wine can be added back in.

Instead of feeling overwhelmed about these foods that will be taken out of your diet the first two weeks, stop and think about this for a minute. To achieve a goal of having a happier healthier lifestyle, two weeks is a small investment to make. After all, you are worth it! The first two days will be some what challenging, but breaking bad any bad habits starts out a little

bumpy. Once you pass this small hurdle, the rest of the time will go by quicker than you think. When you see the results that these changes bring, you will be glad you did not give up!

## **Pedometers for Weight Loss**

Using a pedometer helps you more effectively meet your weight loss goals. Weighing the right amount for your height and bone structure is beneficial to you, both in terms of your appearance and your health. When you wear or carry a pedometer, you can instantly see how active you are through out your day. Plan to wear your pedometer everyday so you can monitor your activity level and you can lose weight by becoming more active.

### **BENEFITS**

When losing weight, the more active you are, the more calories you burn and the more weight you lose. A study published in the Wisconsin Medical Journal found that wearing a pedometer led to a better awareness of daily movement and caused participants to increase their activity level. When you wear a pedometer and become more aware of your steps throughout the day, you may find your self consciously becoming more active. As you lose weight through walking more steps every day, you will lower your risk of obesity-related diseases such as Type-2 diabetes, high blood pressure, and high cholesterol.

### **USING A PEDOMETER**

Although there are different types of pedometers, most are operated in the same manner. First, reset the pedometer to insure the step count reads zero. Place the clip or the belt of the pedometer around your waist so that the pedometer is on your right side at you hip height. Now you can walk freely throughout the day and have the pedometer track your steps count. At the end of the day, make sure to record the number of steps you have taken so that you can see if you are meeting your step goals.

### **DISTANCE AND CALORIES**

Shape UP America, a nonprofit, educational organization, states that 10,000 steps is equal to five miles of walking; however, this is based on an average height and walking gait. Two thousand steps is approximately one mile, and the U.S. Department of Agriculture states that walking one mile is equal to burning 100 calories. If you meet the 10,000 steps daily recommended required, you are burning an additional 500 calories per day. If you meet this target everyday for one week, you will have burned 3,500 calories, which is equivalent to one pound.

Several randomized trials show that what's more effective is the combination of wearing a pedometer and having a goal. An effective goal is 10,000 steps a day, which is equivalent to about five miles, depending on the length of your stride. What can wearing a pedometer do for you? A summary of 26 different studies showed that pedometer users walked 2,000 more steps than nonusers, and using a pedometer helped them increase their overall physical activity levels by 27%. (Based on an

observational study in the JAMA {Journal of the American Medical Association} in Nov. 21 2007 JAMA 2007Nov.21; 298[19]2296-304) Other research has shown that the exercise advice a doctor gives to his or her patients, might be more effective if a pedometer were part of the prescription. Intervention participants significantly decreased their systolic blood pressure by 3.8 mmHg.

### **STEP GOALS**

A publication from the Harvard Medical School recommends setting goals for your self as a way of staying accountable and motivated. Initially, aim for 6,000 steps for a day, with the intent of increasing your number of steps to 10,000 per day. The average person uses 2,000 steps for one mile, so by walking 10,000 steps you will have traveled approximately 5 miles. When setting goals, find a journal and began keeping a record of your progress. Encompass Care weight loss program recommends that you identify you average daily steps them increase this by 2-3,000 steps a day, We recommend increasing the number of daily steps by 500 per day, weekly until you reach 10,000 steps per day. This can be done by adding an extra 15min. per day to walk.

The Journal of the American Medical Association published a study that showed “ the use of a pedometer is associated with significant increases in physical activity and significant decreases in body mass index. You should also note that using a pedometer and meeting the step requirement will not work if you are not eating a balanced and healthy diet.

## Glycemic Index table

### Low glycemic

- Almonds
- Barley
- Black beans
- Broccoli
- Cashews
- Chickpeas
- Grapefruit
- Green leafy vegetables
- Kidney beans
- Lentils
- Peanuts
- Peanut butter
- Protein (all)
- Soybeans
- Strawberries
- Tomato soup
- Plain yogurt

### Low to Moderate GI

- All brand
- Apples
- Brown rice
- Carrots
- Garbanzo beans
- Grapes
- Honey
- Ice cream
- Kidney beans
- Navy beans
- Oranges
- Peas
- Peaches
- Pears
- Pinto beans
- Potato chips

### Moderate to High GI

- Bananas
- Figs
- Mangos
- Potatoes (sweet and white)
- Pineapple
- Pita bread
- Oat bran
- Oat bread
- White rice
- Carrots
- Raisins
- Brown rice
- Kidney beans
- Shredded wheat

### High Glycemic Index

- Bagels
- Beets
- Cakes
- Cheerios
- Dates
- Corn flakes
- Pies
- Pretzels
- Refined durum wheat pasta
- Jelly beans
- Parsnips
- Puffed wheat
- Sweet corn
- White bread

## Glycemic Index Ranges?

**Q. The glycemic index is a great tool to check whether a food is a good choice or not. Is there a specific number we should try to stay under in Phase 1 and 2?**

The glycemic index measures the change in a person's blood glucose levels after a food is eaten. Vegetables (except root vegetables) and dairy products tend to have a low glycemic index. Root vegetables, refined products, and some fruits and sugars have a high glycemic index.

In general, it's best to stick with foods that are under 50 on the GI scale during Phase 1 of the diet, and under 60 in Phase 2. However, *rather than worry about the specific quantifications of food, we prefer that dieters refer to the Foods to Enjoy and Avoid lists for Phase 1 and Phase 2.*

Keep in mind, too, that the glycemic index of a food can change, depending on how you prepare it and what you eat it with. For example, it's better to have a little olive oil on your bread, or some low-fat cheese, than it is to eat the bread alone, because the fat slows the digestive process. For the same reason, having a baked potato topped with low-fat sour cream is better than eating it plain. The calorie might be higher, but the fat contained in the sour cream will slow down the digestive process, thereby lessening the amount of insulin that the potato prompts your body to make.

**In addition to fat, fiber can lower the glycemic index of a food, too. That's why eating whole fruit is better than drinking juice. An orange, for instance, has fiber in its pulp and skin, which will slow the absorption of the fructose.**

## How to adapt your meal plan- Phase 1

This diet is designed so that you can easily swap meals and ingredients. If you don't like eggs for breakfast, have low-fat cottage cheese or lean meat instead. Not a fish lover? Then choose lean beef or poultry. In Phase 1 of the diet, you can eat as many proteins and vegetables as you as you like, plus fats like olive oil. Fruit and starches aren't allowed until Phase 2. Here's a look at some general eating guidelines, plus substitution ideals.

### BREAKFAST

Protein	Vegetables	Fruit	Starch	Milk	Fat
<b>Quantity not limited</b>	<b>Minimum 1/2 Cup.</b>	<b>None</b>	<b>None</b>	<b>None</b>	<b>1 tsp. mayonnaise or oil (optional)</b>
<b>see Choices</b>	<b>See Choices</b>				<b>See Choices</b>

### Lunch

Protein	Vegetables	Fruit	Starch	Milk	Fat
<b>Quantity not limited</b>	<b>Minimum 2 Cups.</b>	<b>None</b>	<b>None</b>	<b>None</b>	<b>1Tbsp mayonnaise or oil</b>
<b>see Choices</b>	<b>See Choices</b>				<b>See Choices</b>

### Dinner

Protein	Vegetables	Fruit	Starch	Milk	Fat
<b>Quantity not limited</b>	<b>Minimum 2 Cups.</b>	<b>None</b>	<b>None</b>	<b>None</b>	<b>1Tbsp mayonnaise or oil</b>
<b>see Choices</b>	<b>See Choices</b>				<b>See Choices</b>

### Snack

Snacks are required. Choose from the Protein or Vegetables list, or eat nuts from the Fats list.

# Phase 1 Foods

## Foods to Enjoy

### **Beef- Lean cuts such as:**

Eye of Round

Ground Beef-

- Extra lean (96/4)
- Lean (92/8)
- *Sirloin*

Tenderloin

Top Loin

Top Round

## Poultry (skinless)

Cornish hen

Turkey bacon (2 slices per day)

Turkey and chicken breast

## Sea Food

All types of fish and shellfish

## Pork

Boiled Ham

Canadian Bacon

Loin

Tenderloin



# Phase 1 Foods

## Veal

Chop

Cutlet, leg

Top Round

## Lamb (Remove all visible fat)

Center cut

Chop

Loin

## Lunch Meat

Fat-free or Low-fat meats only

## Meat Substitute (Soy Based)

Bacon- Limit to 2 slices per day

Burger- < 3 gms fat per 2-3 oz portion

Chicken patties and Nuggets- < 3 gms fat per 2-3 oz portion

Hot Dogs- < 3 gms fat per 2-3 oz portion

Natural Peanut Butter- 2 TBS (may use as protein choice or limited nut choice)

Sausage Pattie- Limit 1 patty per day seiten

Soy Crumbles

Soy Nuts- ¼ cup for a protein snack is a suggested serving

Temeh

Yuba (Bean Curd or Sheet)

# Phase 1 Foods

## Cheese (fat-free or low-fat)

American

Cheddar

Cottage Cheese, 1-2% or fat-free cream cheese substitute, dairy-free

Feta

Mozzarella

Parmesan

Provolone

Ricotta

String

## Nuts

Peanut butter, 1 tsp

Peanuts, 20 small

Pecan halves, 15

## Eggs

The use of whole eggs is not limited unless otherwise directed by your doctor. Use egg whites and egg substitute as desired

## Tofu

Use soft, low-fat or lite varieties

## Vegetable Choices (includes legumes)

(May use fresh, frozen, or canned without added sugar)

Artichokes

Asparagus

Green Beans

# Phase 1 Foods

Italian Beans

Wax Beans

Black Beans

Butter Beans

Chickpeas or Garbanzo Beans

Kidney beans

Lentils

Lima beans

Pigeon Peas

Soy beans

Split peas

Broccoli

Bok Choy

Brussels Sprouts

Cabbage

Capers

Cauliflower

Celery

Collard greens

Cucumbers

Egg plant

Hearts of palm

Kale

# Phase 1 Foods

Leeks

Lettuce

Juice (6oz per day)

Tomatoes

V-8

Mushrooms

Mustard greens

Okra

Onion- limit to ½ per day

Parsley

Peppers

Pickles- Dill or those sweetened with splenda

Radicchio

Radishes (all varieties)

Rhubarb

Sauerkraut

Scallions

Sea vegetables

Snow peas

Spinach

Alfalfa sprouts

Squash spaghetti

Summer squash

- Yellow

# Phase 1 Foods

- Zucchini

Swiss chard

Tomato- limit 1 whole or 10 cherry per meal

Turnip greens

Turnips

Water chestnuts

## **Fats**

The following monounsaturated oils are recommended to be consumed daily:

Oil, canola

Oil, olive

Other oil choices that may be chosen (Polyunsaturated or a blend of Monounsaturated):

Corn

Enova

Grapeseed

Peanut

Safflower

Sesame

Soybean

Sunflower

Other fat choices:

Avocado-1/3 whole = 1 TBS oil

# Phase 1 Foods

Guacamole- ½ cup = 1 TBS oil

Margarine- chose those that do not contain Trans Fatty Acids such as Fleishmann's Premium Olive Oil or smart balance

Mayonnaise- regular or low fat

Olives (green or ripe) 15 = ½ TBS

Salad dressing – use those < 3 gms of sugar per serving

## **Spices and Seasonings**

All spices that contain non added sugar

Broth

Extracts (almond, vanilla, or others)

Horseradish sauce

I Cant Believe It's Not Butter! Spray

Lemon juice

Pepper (black, cayenne, red, white)

Use the following toppings and sauces sparingly

Salsa- limit 2 TBS during phase 1

Soy sauce- ½ TBS

Steak sauce ½ TBS

Worcestershire sauce- 1 TBS

Whipped topping (light)- 2 TBS

## **Nuts (limit to one serving per day as specified)**

Almonds – 15 (dry roasted recommended)

# Phase 1 Foods

Brazil nuts-4

Cashew- 15 (Dry roasted recommended)

Macadamia – 8 (Dry roasted recommended)

Peanut butter- Natural 2 TBS

Peanuts- 20 small (may use dry roasted or boiled)

Pine nuts (pignolia)- 1 ounce

Pistachios - (Dry roasted recommended)

Walnuts- 15 (Dry roasted recommended)

In place of nuts may use: Flax seed – 3 TBS

## **Sweet Treats (limit to 75 calories per day)**

Candies, hard, sugar-free

Chocolate powder, no-added-sugar

Cocoa powder, baking type

Fudgsicles, sugar-free

Gelatin, sugar-free

Gum, sugar-free

Popsicles, sugar-free

Sugar substitute

Some sugar free products may be made with sugar alcohols (isomalt, lactitol, mannitol, sorbitol or xylitol) and are permitted on the SBD. They may have associated side effects of distress (abdominal pain, diarrhea and gas) if consumed in excessive amounts.

# Phase 1 Foods

## Sugar substitutes

Acesulfame K

Fructose (needs to be counted as sweet treats, caloric Limit)

Nutrasweet (Equal)

Saccharin (sweet & low)

Sucralose (splenda)

## **FOODS TO AVOID**

### BEEF

Brisket

Liver

Other fatty cuts

Rib steaks

### Poultry

Chicken, wings and legs

Duck

Goose

Poultry products, processed

### Pork

Honey baked ham

### Veal

Breast



# Phase 1 Foods

## Cheese

Brie

Edam

Nonreduced fat

## Vegetables

Beets

Carrots

Corn

Potatoes, white and sweet

Yams

## Fruit

Avoid all fruits and juices in Phase 1 including:

Apples

Apricots

Berries

Cantaloupe

Grapefruit

Peaches

Pears

## Miscellaneous

Alcohol of any kind, including beer and wine

No regular ketchup or cocktail sauce

# Phase 1 Foods

No pork rinds- too high in saturated fat

No jerky- too high in sugar content

Limit Caffeine-Containing Beverages to 1-2 servings per day