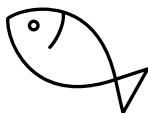


PHASE 1

Foods To Enjoy

As Sides and Snacks

Note: all of the foods listed here are acceptable for Phase 2, as well. Visit sbd.southbeachdiet.com for a more extensive list of foods.



Lean Proteins

One serving is 3 ounces unless otherwise noted.

BEEF

- flank steak
- ground beef, 93% lean
- ground sirloin
- London broil
- pastrami, 98% lean
- sirloin steak
- T-bone

CHICKEN

- skinless chicken breast
- ground chicken breast
- ground turkey breast
- turkey bacon (4 slices)
- turkey pastrami, lean (2 slices)
- turkey sausage, low-fat (less than 6 grams fat per 2 oz serving)

SEAFOOD

- fish, all types
- sashimi
- shellfish, all types
- canned fish, such as tuna or salmon packed in water

PORK

- boiled ham
- Canadian bacon
- loin, chop or roast
- smoked ham, natural uncured
- tenderloin

LAMB

Limit to no more than once per week; remove all visible fat.

- center cut
- chop
- loin, chop or roast

DELI MEATS

- 2 oz or 1/8 pound; preferably all-natural, lower-sodium, nitrite- and nitrate-free
- chicken breast, regular, smoked or peppered
 - ham, boiled and natural uncured smoked (avoid sugar-cured, maple-cured, and honey-baked)
 - roast beef, lean
 - turkey breast, regular, smoked or peppered

CHEESE

1 oz or about 1/4 cup, unless otherwise noted

- blue cheese
- Cheddar
- cottage cheese, 4% fat, 1/2 cup
- farmer cheese
- feta
- goat cheese (chèvre)
- mozzarella
- Parmesan
- provolone
- queso fresco
- ricotta, full-fat, 1/2 cup
- soy cheese
- spreadable cheese (avoid canned cheeses)
- string cheese, 1 piece
- Swiss cheese

EGGS

- egg whites, 3 large
- whole egg, 1 large

DAIRY

1 cup, unless otherwise noted; limit to 2 servings per day as part of daily protein.

- buttermilk
- Greek yogurt, full-fat, plain, 5.3 oz
- kefir, plain
- milk, whole
- soy milk, unsweetened



Healthy Fats

NUTS AND SEEDS

1 oz or about 1/4 cup for nuts; 1 oz or about 3 Tbsp for seeds, unless otherwise noted; limit nuts, seeds and nut butters to 1 serving per day of as part of daily healthy fats.

- almonds, 23
- Brazil nuts, 6
- cashews, 16-18
- chia seeds, 2 Tbsp
- coconut, unsweetened, 1/4 cup
- coconut milk, unsweetened, 1/4 cup
- flaxseeds, ground or whole
- hazelnuts or filberts, 20
- macadamia nuts, 10-12
- peanuts, dry-roasted or boiled, 28
- pecans, 19 halves
- pine nuts
- pistachios, 49
- pumpkin seeds
- sesame seeds
- soy nuts, dry-roasted
- sunflower seeds
- walnuts, 14 halves

NUT BUTTERS

2 Tbsp

- almond butter
- cashew butter
- peanut butter, natural

SALAD DRESSINGS

Choose full-fat, oil-based over creamy; all dressings should contain no more than 3 grams of sugar per 2 Tbsp.

- Italian, regular
- vinaigrette (balsamic), regular

OILS AND FATS

1 Tbsp

- avocado
- canola
- coconut, extra-virgin
- corn
- flaxseed
- grapeseed
- olive, extra-virgin
- peanut
- safflower
- sesame
- soybean
- sunflower
- walnut

OTHER

- avocado, ½ fruit
- Benecol spread or other plant sterol/stanol-based margarines, 2 Tbsp
- guacamole, ¼ cup
- mayonnaise, olive oil-based, 1 Tbsp
- olives, black or green, 15-19

TIP: It can be challenging to eyeball a serving of olive oil or peanut butter. Misjudge and you can gain a lot of calories you didn't intend to eat. So, when you can, use measuring spoons and cups for more accurate serving sizes.



Vegetables

NON-STARCHY VEGETABLES

1 cup raw, ½ cup cooked; fresh, frozen or canned without added sugar or salt

- artichoke hearts
- artichokes, ½ medium
- arugula
- asparagus
- bamboo shoots, canned
- bok choy
- broccoli
- broccolini
- broccoli rabe
- Brussels sprouts
- cabbage (green, Napa, red, Savoy)
- cauliflower
- celeriac root,* ½ cup raw
- celery
- chayote
- cucumbers
- daikon radish
- eggplant
- endive
- escarole
- fennel
- fiddlehead ferns
- grape leaves
- greens (mustard, beet, chicory, collard, turnip or dandelion)
- green beans
- hearts of palm
- Italian wax beans
- jicama
- kale
- kohlrabi

HOW TO SPOT A SERVING

Do you have a food scale on your kitchen counter?

We figured as much. Few people own food scales. Measuring out a serving of chicken (3 ounces) or deli meat (2 ounces) isn't as convenient as measuring healthy fats with a handy measuring spoon or cup, so we put together a cheat sheet for you. Here's a simple way to eyeball a standard serving of...

LEAN PROTEINS

Cooked beef, pork or poultry (3 oz)
the size of a deck of cards



Ground meat (3 oz)
a little smaller than a fist or ¾ cup



Fish (3 oz)
the size of a checkbook



Sausage or rolled up deli meat (2 oz)
two lipstick containers



Cheese (1 oz) cubed
4 dice



HEALTHY FATS

Olive oil
(canola, peanut oil,
etc.)
1 Tbsp

Nuts
(1 oz)
¼ cup

Nut butters
2 Tbsp

Seeds
(1 oz)
3 Tbsp

Salad dressing
2 Tbsp

NON-STARCHY VEGETABLES

Raw vegetables (1 cup)
baseball



Cooked vegetables (½ cup)
tennis ball



- leeks*
- lettuce (all varieties)
- mushrooms (all varieties)
- okra
- onions (red, white, yellow)*
- parsley, chopped
- peppers (all varieties)
- radicchio
- radishes
- rhubarb
- sauerkraut, 1 cup canned
- sea vegetables, raw (kelp)*
- sea vegetables, dried (nori, spirulina), 2 Tbsp
- shallots, 2 Tbsp raw
- snap peas
- snow peas
- spinach
- sprouts (alfalfa, bean, broccoli, lentil, radish or sunflower)
- spaghetti squash
- squash, yellow
- Swiss chard
- tomatillos
- tomatoes, fresh

- tomatoes, all varieties of canned or jarred with 3 grams of sugar or less per serving and no added sugars, ½ cup
- tomato juice, ½ cup
- tomatoes, sun-dried, 2 Tbsp
- vegetable juice blends, ½ cup
- water chestnuts, ½ cup canned
- watercress
- wax beans
- zucchini

* indicates vegetables that are higher in carbohydrates and should be limited to one serving per day in Phase 1.



FOODS TO AVOID IN PHASE 1

BEEF

- ✗ Brisket
- ✗ Rib steaks
- ✗ Other fatty cuts

POULTRY

- ✗ Chicken wings and legs
- ✗ Duck

PORK

- ✗ Honey-baked ham

VEAL

- ✗ Breast

STARCHY VEGETABLES

- ✗ Beets
- ✗ Carrots
- ✗ Corn
- ✗ Green peas
- ✗ Potatoes, white and sweet

- ✗ Turnips
- ✗ Yams

FRUIT

Avoid all fruits and fruit juices in Phase 1, including:

- ✗ Apples
- ✗ Apricots
- ✗ Berries
- ✗ Cantaloupe
- ✗ Grapefruit
- ✗ Peaches
- ✗ Pears

STARCHES AND CARBS

Avoid all starchy food in Phase 1, including:

- ✗ Bread, all types
- ✗ Cereal
- ✗ Matzo
- ✗ Oatmeal
- ✗ Rice
- ✗ Pasta
- ✗ Pastry and baked goods

BEVERAGES

Juices, juice cocktails, sodas, alcohol of any kind, including beer and wine.

ESSENTIAL SKILL

BE MINDFUL WHEN EATING

Being aware of your body's hunger signals, the foods you choose, and how those foods make you feel is the secret to developing confidence to make healthy food choices in any

situation. Start strengthening your mindful-eating muscles now.

When you eat, slow down your world. Relax and enjoy each bite, contemplating the texture

and flavor of your food. Put your fork down between bites, if it helps. Studies have shown that people who eat more slowly end up feeling full on fewer calories than people who scarf down

their meals as if in a speed-eating contest.

After your meal, if you still feel hungry, wait 15 to 20 minutes to see if those hunger pangs diminish. Typically, it takes 20 minutes for hormones in your belly to signal your brain that you are full, so taking a

short break may be just enough to make you realize you're no longer hungry. If you still feel the need to eat after 20 minutes, ask yourself, "Am I really hungry or am I bored? Am I stressed or trying to satisfy some other emotional hunger?" Try munching on sliced cucumbers or

other raw veggies from the allowable foods list on page 12 to help curb the hunger until your next snack or meal. Another effective technique is distraction: take your mind off food by going for a brisk walk, reading a magazine, calling up a friend or watching TV.