

The South Beach Diet Dining Guide: Your Reference Guide To Restaurants Across America By Arthur Agatston

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Mediterranean restaurants, such as those offering Greek, Turkish, Israeli, or Lebanese cuisine, are great choices for those on the South Beach Diet.
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7 ways to dine out healthy | south beach diet

Eating out often can be a recipe for weight gain if you re not careful. Creator of the South Beach Diet, Dr. Arthur Agatston, feels that the more meals you eat

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Aug 15, 2013 The South Beach Diet is a low-carbohydrate eating plan with flexible food choices that permit dining out within certain easy-to-follow guidelines.

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Restaurants and the south beach diet | prevention

Because the South Beach Diet is designed to be practical and user-friendly, it's easy to stick to the rules even if you often eat at restaurants.

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4 Subcategories in Low-Carb Restaurant Eating - Tips for Dining out when on the Atkins, South Beach, and Other Low Carbohydrate Diets

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Arthur agatston (author of the south beach diet)

Arthur Agatston, M.D., is a Dr. Agatston developed the South Beach Diet to help his cardiac and Your Reference Guide to Restaurants Across America 3.45 of 5

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The south beach diet supercharged - books on

Five years ago, with the publication of The South Beach Diet, renowned Miami cardiologist Dr. Arthur Agatston set out to change the way America eats.

Dining out on south beach diet - cbs news

Agatston joined The Early Show Friday to discuss his book, "The South Beach Diet Dining Guide," and to offer tips on how to dine out the right way.