

Phase 2 Guidelines

- You can eat all the foods you ate in phase 1 plus many more. Here's where you begin to gradually reintroduce certain healthy carbs (most fruits and fiber rich starches like whole grain bread, whole grain rice, whole wheat pasta and sweet potatoes) into your diet.
- Start off by having 1 fruit and/or 1 starch daily, then may SLOWLY increase to a MAXIMUM of 3 fruits and 4 starches daily over the next few weeks.
- Foods high in fiber have the lowest glycemic index because the fiber slows the absorption of starch and controls the rise in blood sugar. Having protein (cheese, nuts, egg, meat) with a carbohydrate also works this way.
- Keep the skins on your fruits and veggies if possible as many nutrients and fiber are found in the skins.
- **READ LABELS!** First look at carbohydrate section: be sure there is more grams of fiber than grams of sugar, the less sugar the better, the more fiber the better. Second look at the fat section: be sure there is more unsaturated fat than saturated fat and be sure there are NO trans fatty acids.
- You must pay attention to the cues your body gives you during this phase when you are adding these items back into your body slowly. If a certain food makes you feel hungrier then that food may not be right for you. Simply choose another food the next day and continue to listen to your body. The right foods will make you feel full and allow you to continue losing weight at a rate of 1-3 pounds per week.
- If weight loss stops then keep a food diary for several days to a week and see if you are having more dairy, fruit, or starches than recommended. You may also bring in your food diary for your provider to evaluate for you.
- Stay in Phase 2 until you are at your goal weight. Phase 3 happens when you reach your goal weight and have learned daily healthy food choices and have discovered which foods work best for you to control hunger and keep the weight off while still enjoying your meals and snacks daily.
- If you fall off the wagon in Phase 2, and gain a few pounds then go back to Phase 1 until you lose the weight you gained, then re-enter Phase 2.
- Remember Phase 1 is not a diet that can be stuck to long-term, so please remember to move on to Phase 2 after about 2 weeks, unless you discuss this with your doctor.

Foods Allowed in Phase 2

You are allowed everything that was already allowed in Phase 1, PLUS:

<p>FRUITS – 3 servings maximum daily</p> <ul style="list-style-type: none">• Apples - 1 small• Apricots – 3 small• Bananas – 1 medium• Blueberries - ¾ cup• Cantaloupe – 1 cup• Cherries, prefer sour – 1 cup• Cranberries – 1 cup• Honeydew – 1 cup• Nectarine – 1 small• Clementine – 1 small• Strawberries – 1 cup• Tangerine – 1 medium• Raspberries – 1 cup• Papaya – 1 small• Orange – 1 small• Prunes or Plums – 2 small• Grapefruit – ½ large• Grapes – 1 cup, 20 grapes• Pears – 1 medium• Peaches – 1 medium• Kiwi - 1 medium• Mangoes – 1 small• Oranges – 1 small	<p>STARCHES – 4 servings maximum daily; needs to be 100% whole grain, 100% whole wheat or 100% whole grain rye; 3g minimum fiber/serving</p> <ul style="list-style-type: none">• Bagels, small, whole grain - 1/2• Bread, multigrain, oat and bran, rye, whole wheat - 1 slice• Cereal , 5g of fiber preferred, less than 5g sugar, All Bran, Shredded Wheat and Bran, Uncle Sam’s, Fiber One, etc• Real Oatmeal, not instant, like steal cut oats or rolled oats, no more than 2g sugar• Oat Bran (healthy butter, cinnamon, sweetener, skim milk, cranberries, nuts)• Consider adding Flax seed to cereals• Couscous, whole wheat or Israeli – ½ cup• Crackers, whole grain, no trans fats, like triscuit reduced fat, or whole grain wheat thins reduced fat• Muffins, bran, sugar-free, no raisins• English muffin, whole grain• Pasta, whole wheat• Pita, stone ground, whole wheat• Popcorn - light, air popped• Rice – brown or wild preferred; may use basmati less often – ½ cup cooked• Tortilla, 100% whole grain
<p>DAIRY (3 cups milk/yogurt allowed daily now)</p> <ul style="list-style-type: none">• Yogurt – nonfat flavored, artificially sweetened (not just plain anymore!) – 1 serving per day• Sugar free, reduced fat ice cream – ½ cup serving on occasion• Pudding , fat-free, sugar-free - 1 serving per day	<p>VEGETABLES AND LEGUMES</p> <ul style="list-style-type: none">• Green peas• Sweet potatoes• Carrots <p>MISCELLANEOUS</p> <ul style="list-style-type: none">• Chocolate, bittersweet, semisweet – 1 oz• Wine, red or white, 1-2 glasses daily with meals• Light beer, 12 oz, on occasion

Foods *NOT* Allowed or used sparingly in Phase 2

STARCHES AND BREADS

- Bagel, refined wheat
- Bread, refined wheat or white
- Cookies
- Cornflakes
- Cream of wheat
- Matzo
- Pasta, white flour
- Rice cakes
- Rice, white, jasmine
- Rolls, white dinner

VEGETABLES

- Beets
- Corn
- Potatoes, white

**There are many recipes you can find online at the www.SouthBeachDiet.com website which can get for free without signing up. Just click on the toolbar that says "more recipes." You may also benefit from buying the new South Beach Supercharged book, or the smaller Good Carb, Bad Carb companion book, or the South Beach Summer recipes book (my favorite). There are plenty of very tasty recipes available so you should never get bored.

FRUIT

- Canned fruit packed in syrup
- Fruit juice
- Pineapple
- Raisins
- Watermelon
- Dates
- Figs

MISCELLANEOUS

- Honey (can use sparingly)
- Ice cream
- Jam
- Jelly

**There are some sugar-free and reduced fat products available, such as sugar free jam, or sugar free reduced fat cookies. Just be sure to read labels and make sure there are no trans fatty acids nor saturated fat more than 2.0 gram per serving. Items flavored with Splenda are better than sugar itself. For many things all it takes is to be creative. Make foods yourself instead of buying pre-packaged foods that contain preservatives. Get a food dehydrator and make your own snacks for more enjoyable and healthy snacking. Also write down and share your ideas with us so we may share them with others in the program. We love to hear how you are doing and follow your progress and we are always learning more and you can help us!