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Guide To Restaurants Across America By Arthur  
Agatston**

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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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Are there any fast food restaurants approved by the South Beach Diet? Not exactly, but there are things you can eat at most restaurants that will allow you to stick

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South Florida; New Menupages Desintations; Menu I would definitely recommend South Beach.

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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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The South Beach Diet by Agatston, Arthur S., The South Beach Diet Dining Guide: Your Reference Guide to Restaurants Across America. Agatston,

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Jun 20, 2013 The South Beach Diet Dining Guide. Includes how to find South Beach Diet friendly meals at more than 75 national chain restaurants

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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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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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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.

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