

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

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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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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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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.

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Fast food restaurants that are south beach diet

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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Dining out on healthy mediterranean food - the

Mediterranean restaurants, such as those offering Greek, Turkish, Israeli, or Lebanese cuisine, are great choices for those on the South Beach Diet.

Low-carb restaurant eating - tips for dining out

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

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.

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The south beach diet dining guide

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

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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