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South Beach Diet Gluten Solution

World-renowned cardiologist Arthur Agatston, MD, created The South Beach Diet Gluten Solution. In his book of the same title, Agatston demystifies whether or not some people should give up gluten completely, and discusses whether or not a gluten-free lifestyle promotes weight loss.

The South Beach Diet Gluten Solution is based on the original South Beach Diet eating principles, but also helps readers determine their level of gluten-sensitivity, if any. This program aims to have followers drop up to 10 pounds in just two weeks by choosing sensible whole grains or opting for healthy gluten-free foods. Each dieter will follow a different regimen based on their gluten sensitivity. Two phases included in this program will help readers to achieve weight loss.

In phase 1, followers give up wheat, barley, rye, and any other gluten-containing foods for two weeks. Even gluten-free grains and fruits are eliminated, with the goal of stabilizing blood sugar. In phase 2, you introduce gluten-free starches and fruits over 14 days, with a daily maximum of three servings of each. After four weeks of being completely gluten-free, you reintroduce gluten-containing starches, and take note of any reactions you have. This indicates your level of gluten intolerance, if any, and dictates your long-term maintenance diet.

Foods to include:

- Vegetables
- Some fruits
- Lean meats
- Lean poultry
- Fish
- Beans and legumes
- Low-fat cheeses
- Almond milk, coconut milk, soy milk
- Flaxseed, grapeseed, safflower, and sunflower oils

Foods to avoid:

- Starchy vegetables
- All fruits during phase 1
- High-fat beef and pork
- Dark meat poultry
- Processed cheeses
- Milk
- Butter
- Ice cream
- Trans fats
- Processed sugar
- Alcohol

Pros:

- Gluten-free meal plans included
- Includes gluten-free recipes
- Promotes whole grains
- Contains detailed research on gluten's impact on health
- Provides helpful gluten-free dining-out tips

Cons:

- Doesn't promote physical activity for weight loss
- May be difficult to avoid alcohol
- Some thrive on gluten

Sources:

Arthur Agatston's *The South Beach Diet Gluten Solution*

