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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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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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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.

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A survey of the top restaurants in Miami, South Beach & Miami Beach.

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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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Phase one south beach diet dinner | the

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The south beach diet supercharged - books on

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Ten best south beach restaurants | miami new times

South Beach is a mecca for sky-high parking fees, haughty service, and the braggadocio of New York restaurants transported to the tropics. There are exo

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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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