

## Information for Your Doctor

Starting a weight management program is a step toward improved health. Even small weight losses can have significant health benefits. However, because changing your diet can affect some medical conditions or interact with some medications, we would like you to share this information with your doctor before you begin.

### What is the South Beach Diet?

In short, the South Beach Diet provides portion-controlled, low calorie, lower carbohydrate entrees and snacks, which customers supplement with grocery items (e.g. healthy fats, lean proteins, vegetables) to achieve a lower carbohydrate, reduced calorie diet that provides about 1200 – 1500 calories per day. The first phase of the South Beach Diet delivers approximately 15 - 20% of calories from carbohydrates. The second phase of the South Beach Diet delivers approximately 30 – 35% of calories from carbohydrates. For most customers, following the South Beach Diet means that the quality of their diet will improve significantly, while their total calories are reduced.

### What Conditions or Medications Might be affected by a Change in Diet?

Although we do not consider these conditions to be contraindications to using South Beach Diet, we would like to raise the following for your consideration.

#### Diabetes

***Individuals who use insulin or sulfonylurea medications will require a reduction to avoid hypoglycemia. Other diabetes medications may also require adjustment.*** We recommend that all appropriate medication adjustments are made early in the patient's weight loss attempt. If you would like to see the insulin reduction algorithm developed by our medical advisor, please contact [dietaryservices@southbeachdiet.com](mailto:dietaryservices@southbeachdiet.com).

#### Anemia

Iron supplementation is recommended.

#### Anticoagulant Medications (e.g., Coumadin)

Many customers significantly increase their intake of vegetables when they follow the South Beach Diet. *The action of warfarin or other anticoagulant medications may be affected by an increase in vitamin K in the diet.*

#### Cancer

Intentional weight loss may not be appropriate if cancer is active. Treatment may affect appetite and food tolerance. For patients with a history of estrogen positive tumors, the diet can be customized to limit the amount of soy if required.

#### Congestive Heart Failure or Ischemic Heart Disease

Sodium restrictions may be required. The South Beach diet averages < 2,400 mg sodium/day in Phase 1 and < 2,300 mg/day in Phase 2. Your patient may contact Dietary Services department for assistance in adjusting the meal plan. Several medications used to treat this condition may interact with a change in diet. Patients who wish to increase physical activity should have medical clearance.

#### Epilepsy (Seizure disorder)

Levels of phenytoin, phenobarbital, carbamazepine may vary with diet changes. Folate, B12, and vitamin C supplementation are recommended for patients taking phenytoin or phenobarbital. Vitamin D is recommended for patients taking carbamazepine or valproic acid. High doses of B6 can decrease seizure threshold and should be avoided. Psyllium and ginseng interact with valproic acid and lithium. *Patients who require a ketogenic diet should NOT use South Beach Diet.*

#### Inflammatory Bowel Disease, Achalasia, Gastroparesis, Pyloric Stenosis, and History of Bowel Diversion Surgery

Digestive tract disorders may be aggravated by dietary changes (especially changes in dietary fiber intake) and/or require specific dietary restrictions. Diarrhea or constipation may affect vitamin absorption.

### **HIV**

Several medications used to treat this condition may interact with a change in diet.

### **Lithium**

Consistent sodium intake is important as variances can alter therapeutic levels. Lithium interacts with psyllium and ginseng.

### **Sarcoidosis**

Vitamin D and calcium intake may need to be adjusted down. The South Beach diet averages < 2,400 mg sodium/day in Phase 1 and < 2,300 mg/day in Phase 2. Sodium may need to be restricted below 2,000 mg/day if patient is treated with corticosteroids (the customer may contact our Dietary Services department for assistance in adjusting meal plan).

### **Theophylline (Theo-Dur, Uniphyll)**

Consistent intake of protein and carbohydrate is necessary for consistent drug levels. Changes in caffeine intake should be avoided.

### **Tuberculosis**

Isoniazid therapy (INH) requires B6 supplementation. Niacin, calcium, and B12 can be depleted.

## **What Conditions or Medications Require a Physician's Approval before a Patient Can Use the South Beach Diet?**

### **History of Kidney Transplantation**

Patients must be at least 5 years status post kidney transplantation and must have written approval from his/her nephrologist.

### **Monoamine Oxidase Inhibitors (MAOIs) or Other Tyramine-Sensitive Medications**

Tyramine is present in some South Beach Diet foods and may interact with these medications to cause dangerously high blood pressure.

### **Levodopa**

Dietary protein can reduce the absorption of this medication.

### **Weight > 400 lb (Women) or > 450 lb (Men)**

Customers above these weights must have their meal plans adjusted to reflect their greater calorie requirements. Due to greater morbidity associated with extreme obesity, South Beach Diet believes it is prudent for patients above these weights to be monitored by their physician during weight loss.

## **What Conditions Are Contraindications to Using the South Beach Diet?**

### **Age < 18 years**

### **Allergies to Peanuts, Soy, or Latex (used in food handling)**

### **Anorexia or Bulimia Nervosa (Presence or recent history)**

### **Celiac Disease**

### **Body Mass Index < 19 kg/m<sup>2</sup>**

### **Conditions Requiring a Ketogenic Diet (e.g., Severe Epilepsy)**

### **Kidney Disease/Insufficiency/Failure**

### **Nursing an Infant < 4 Months Old or Who Has Not Yet Started Solid Foods**

### **Pregnancy**

If you would like more detailed information about the South Beach Diet programs (including nutritional profile), please feel free to contact one of our dietary services representatives directly at [dietaryservices@southbeachdiet.com](mailto:dietaryservices@southbeachdiet.com)