



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 is a portion-controlled, reduced calorie, lower carbohydrate meal plan. Included in the meal plan are portion-controlled, pre-packaged entrees. Along with the South Beach Diet foods, customers supplement the remainder of their meal plan with fresh grocery items (e.g. healthy fats, lean proteins, “good” complex carbohydrates, fruit and vegetables). The first week of the South Beach Diet (also known as Phase 1) provides approximately 1,000 calories per day for both women and men, with a macronutrient breakdown of 25 – 35% calories from carbohydrates, 30 – 40% calories from protein, 30 – 40% calories from total fat and \leq 15% calories from saturated fat. After this initial Phase 1, customers move into Phase 2 for steady weight loss. Women will consume approximately 1200 – 1300 calories per day and men will consume approximately 1500 – 1600 calories per day. Phase 2 of the program will have a carbohydrate range from 15 – 35% calories from carbohydrates. Customers slightly reduce carbohydrates in Phase 2 and then will gradually add back in more carbohydrates to their meal plan. The current carbohydrate average for Phase 2 is approximately between 20 – 25% of calories. In addition to carbohydrates, customer will consume approximately 25 – 35% calories from protein, 40 – 55% calories from total fat and \leq 10% calories from saturated fats. For most customers, following the South Beach Diet means that the quality of their diet will improve significantly, while their total calories and carbohydrates 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.

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.

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

Epilepsy (Seizure disorder)

Levels of phenytoin, phenobarbital, and 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.*

HIV

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

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 $\leq 2,300$ mg sodium/day in Phase 1 for both women and men. During the first week of Phase 2 women average $\leq 2,300$ mg/day and men $\leq 2,700$ mg/day of sodium. After the first week of Phase 2, the remainder of Phase 2 delivers $\leq 2,300$ mg/day sodium for both women and men. 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?

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.

Levodopa

Dietary protein can reduce the absorption of this medication

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.

History of Kidney Transplantation

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

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)

Body Mass Index < 19 kg/m²

Celiac Disease

Congestive Heart Failure

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