

DIETA SOUTH BEACH - ETAPA 1

COMIDAS CON PROTEÍNA: Carnes rojas, pollo, pescado y productos de soya



Puedes comer cualquier cantidad moderada en cada comida

VEGETALES Y LEGUMBRES: frescos, congelados o enlatados



- Come muchos vegetales
- En el desayuno y en las meriendas: hasta ½ taza
- En el almuerzo y la cena: al menos 2 tazas

GRASAS: Monoinsaturadas y poliinsaturadas

- Limita el consumo de grasas
- En el desayuno: hasta 1 cucharadita
- En el almuerzo y la cena: 1 cucharada



LACTEOS: Bajos en grasa o sin grasa

- Come hasta 2 porciones al día



NUECES: Nueces, maní, etc

- Meriendas: hasta 1 porción por día



CAFÉ Y TÉ: Sin azúcar o con edulcorante

- Puedes tomar cuanto quieras



Dieta South Beach

D Siedentop



Dieta South Beach:

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