“Common Sense” Helps Patients Through Diet Maze. The common sense diet works. • The carbohydrate-restricted South Beach diet works for many and adopts a Mediterranean-type diet in the weight maintenance phase.

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: The Common Sense Diet: book is tight with no markings, minor rubbing and soiling to wraps Size: 4to - over 9½" - 12” tall. Day: The Common
The Common Sense Diet - Kantrowitz.

General Rules for the Common Sense Diet:
- Don't binge/gorge on bad foods: Treat yourself by all means, life is too short after all. But know your limits.

Day: The Common Sense Diet - snacks 'n the city

This diet is calorie restricted, with an important exercise component. The common sense diet includes fruits, vegetables, and complex carbohydrates in limited quantities, with small portions of lean meat, chicken, and fish.

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