

Atkin's Diet (High Protein Low CHO)

Promotes:

- Eat until full, 3 meals and a snack daily or 4-5 Smaller Meals
- Less than 20 Grams of CHO/day
- **Stressing Lower Calorie and Lower Fat Foods-** broiled, boiled, baked, roasted, stewed, grilled, or stir fried foods which are much healthier

Eat all you want:



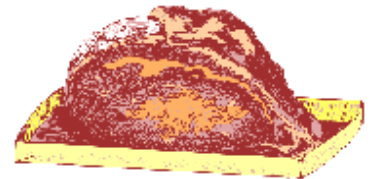
- Beef, Lamb, Veal, Pork, Poultry, Fish, Shellfish, Eggs, Cheese, Cream, Butter
- Drink a minimum of 8 glasses of Water daily

Guides:

- **AVOID:** Breads, Starchy Vegetables, Fruits, Vegetables, Dairy Products, Caffeine, Aspartame, Artificial Sweeteners (sucralose/saccharin= 1 gram CHO per packet of sweetener), Caffeine, Seeds and Nuts- first 2 weeks
- Eat Limited Amounts of- sauces, gravies, salad dressings

What can I do?

- **See your Health Care Provider**
- **See a Registered Dietitian or a Food Fitness First™ RD-** on line for help
- Do not exceed 5 hours without eating, Exercise Daily
- **READ LABELS-** Check CHO content
- **Constipation-** Add ground flaxseeds/psyllium husks
- **Sample Menu:**
 - **Breakfast-** Omelet with Vidalia Onions, Cheese, and Green Peppers, 2 strips Bacon, and Decaffeinated Coffee with Cream
 - **Lunch or Dinner-** 8-9 oz. of Broiled Steak or Fish, Mixed Green Salad with Parmesan Cheese, celery, mushrooms, Vidalia Onions, sesame seeds
- Increasing Higher Fiber Foods- making better food choices with whole or multigrain breads and cereals, Seltzer Water



- **Dr. Atkins's New Diet Revolution, 2002**

