

ATKINS DIET®

(Sheet 1 of 2)

PURPOSE

The goal of this diet is to aid in weight loss by adjusting the participant's metabolism. Foods high in carbohydrates are restricted. The diet works on the principle of ketosis, a process in which the body burns its excess fat.

DESCRIPTION

This low-carbohydrate diet is divided into four phases; each phase allows more carbohydrates than the previous one.

Phase 1, the induction phase, lasts for 14 days. The goal during this phase is to change the participant's metabolism through a biological process called ketosis. During ketosis, the body thinks it is starving and begins to burn its stores of fat. To accomplish this, participants reduce their carbohydrate intake to less than 20 grams per day. The participant can expect rapid weight loss (consisting mostly of water loss) during this phase. After 2 weeks, the participant moves into the second phase (the ongoing weight-loss phase). In this phase, the participant slowly increases the intake of carbohydrates over several weeks. The goal is to determine the amount of carbohydrates the participant can eat daily and continue to lose weight. The participant remains on this phase until they are within 5 to 10 pounds of their weight loss goal. *Phase 3* of the diet is a pre-maintenance phase. The participant begins to add more carbohydrates into their diet while continuing to lose weight but at a much slower rate than in the previous phases. During this phase, the effects of ketosis will begin to diminish, and the participant will begin to feel less satiated. For this reason, participants are encouraged to indulge their cravings while continuing to eat healthy. In the fourth and final phase of the diet (the maintenance phase), participants decide how many carbohydrates they will allow themselves to eat and continue the diet under these constraints. This phase is a lifelong diet that helps maintain the participant's weight.

BASIC INFORMATION

- *Phase 1*: In this phase, the participant will limit all foods that are high in carbohydrates and sugar while eating normal-size portions of meat, certain vegetables, eggs, and cheese. Foods that are not allowed during this phase include bread, rice, potatoes, pasta, baked goods, sugar, alcohol, and caffeine. Portion sizes should be large enough to satisfy hunger.
- *Phase 2*: After 14 days on *phase 1*, the participant moves to *phase 2*, the ongoing weight loss phase. The participant begins adding five carbohydrates a week to their diet until they stop losing weight. They then stay under this carbohydrate limit to continue to lose weight. Foods that remain limited include processed carbohydrates (e.g., white bread and rice), baked goods, refined sugars, and caffeine. The participant remains on this phase until they are within 5 to 10 pounds of their weight loss goal.
- *Phase 3*: This is the pre-maintenance phase in which the dieter is encouraged to maintain the eating habits they have learned on this diet. In addition, foods may be introduced in this phase to learn which items trigger weight gain for them.
- *Phase 4*: This is the phase in which the participant decides how many carbohydrates they feel comfortable allowing in their diet while maintaining their weight. The participant then continues this lifelong maintenance phase using the habits learned from the previous phases to maintain their weight.

NUTRITION ADEQUACY

This diet may be too low in essential fatty acids; vitamins A, D, E; and others. Vitamin supplements are recommended. Additionally, it is recommended that a potential dieter get a medical checkup and discuss their desire to go on the diet with their health care provider.

SAMPLE MENU—INDUCTION PHASE	
BREAKFAST Eggs Beverage	Scrambled Eggs Decaffeinated Coffee
SNACKS	1 Slice Bacon Wrapped Around 1 Piece of Cheese
DINNER—NOON OR EVENING MEAL Meat Salad	Cheeseburger, No Bun Tossed Salad
SUPPER—EVENING OR NOON MEAL Shellfish Meat Vegetable Dessert	Shrimp Scampi Steak 1/2 Cup Eggplant Sugar-Free Gelatin Dessert

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(Sheet 2 of 2)

Nutrient Analysis (Induction Phase Menu)

Calories	1980 Kcal	Dietary Fiber	0.12 gm	Thiamin	0.6 mg
Protein	172 gm	Vitamin A	3079 IU	Calcium	1629 mg
Carbohydrate	14 gm	Vitamin C	14 mg	Phosphorus	2047 mg
Fat	134 gm	Niacin	19 mg	Iron	13.5 mg
Cholesterol	979 mg	Riboflavin	2.15 mg	Sodium	3156 mg

SAMPLE MENU-ONGOING WEIGHT LOSS PHASE	
BREAKFAST	
Juice	Tomato Juice
Vegetable	Onion Rings (No Breading)
Eggs	Omelet
Beverage	Decaffeinated Coffee or Tea
SNACKS	
	Hard-Boiled Egg
DINNER - NOON OR EVENING MEAL	
Meat	Meatloaf
Vegetable	Baked Spinach
SUPPER - EVENING OR NOON MEAL	
Salad	Caesar Salad
Fish	Smoked Trout
Vegetable	Broccoli
Dessert	1/2 Cup of Strawberries in Cream

Nutrient Analysis

Calories	3195 Kcal	Dietary Fiber	7.4 gm	Thiamin	0.79 mg
Protein	182 gm	Vitamin A	1475 IU	Calcium	728 mg
Carbohydrate	31 gm	Vitamin C	134 mg	Phosphorus	1705 mg
Fat	261 gm	Niacin	28 mg	Iron	20.4 mg
Cholesterol	1428 mg	Riboflavin	2.92 mg	Sodium	1849 mg

SAMPLE MENU-PREMAINTENANCE/MAINTENANCE PHASE	
BREAKFAST	
Eggs	Fried Eggs
Fruit	1 Cup Berries
Beverage	Decaffeinated Coffee or Tea
SNACKS	
	Beef Jerky (2g Sugar or Less)
DINNER - NOON OR EVENING MEAL	
Fish/Vegetable	Tuna Salad-Stuffed Tomato
Meat	Cold Cuts
Vegetable	Sour Pickle
SUPPER - EVENING OR NOON MEAL	
Vegetable	Fried Mushrooms
Vegetable	String Beans
Fish	Poached Salmon
Dessert	Sugar-Free Frozen Fudge Bar

Nutrient Analysis

Calories	1664 Kcal	Dietary Fiber	4.1 gm	Thiamin	0.76 mg
Protein	148 gm	Vitamin A	4195 IU	Calcium	279 mg
Carbohydrate	41 gm	Vitamin C	45 mg	Phosphorus	1739 mg
Fat	100 gm	Niacin	44 mg	Iron	10.5 mg
Cholesterol	816 mg	Riboflavin	2.2 mg	Sodium	3786 mg