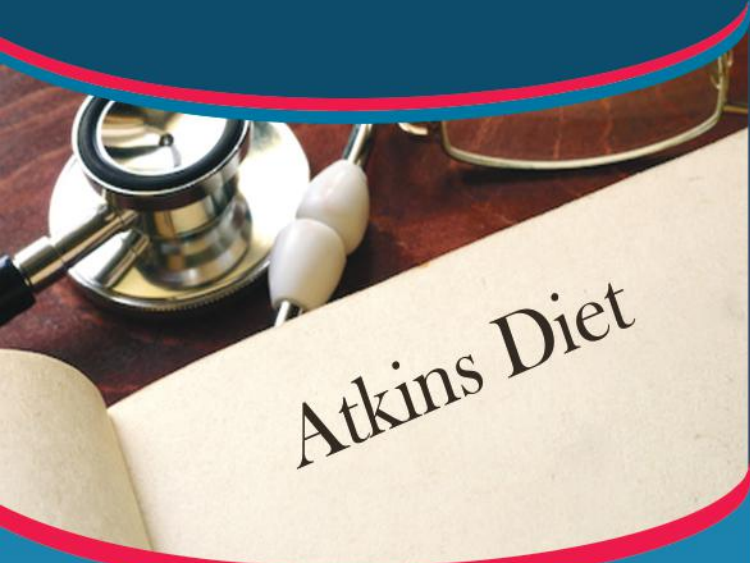




Atkins Diet



Stay at this stage to reach the weight.

► **Stage 4 (lifetime maintenance):** reach this stage when you reach the target weight and then continue this diet for life.

► **A typical daily menu on the Atkins diet:**

► **Breakfast:** eggs mixed with fried onions and cheddar cheese. Acceptable beverages include coffee, tea, water, diet drinks, and herbal teas.

► **Lunch:** chef's salad with chicken sauce, bacon, and avocado, along with an authorized drink.

Dinner: baked salmon steak, asparagus, and arugula salad with cherry tomatoes and cucumber with an authorized drink.

► **Snacks:** you can usually eat two snacks a day. Snacks may include an Atkins diet product, such as a chocolate milkshake or granola bar, or a simple snack such as celery and cheddar cheese.

► **Results of the Atkins diet** ◀

Weight loss: the Atkins diet says you can lose 15 pounds (6.8 kg) in the first two weeks of stage 1.



► **Health benefits of the Atkins diet:**

The Atkins diet says its diet can prevent or improve severe health conditions such as metabolic syndrome, diabetes, high blood pressure, and cardiovascular disease. Almost any diet that helps you lose weight can reduce or even reverse the risk factors for cardiovascular disease and diabetes.

Risks of the Atkins diet:

The Atkins diet confirms that a severe reduction in carbohydrates in the early stages of the program can lead to some side effects,

including:

- Headache
- Vertigo
- Weakness
- Fatigue
- Constipation



Atkins Diet

► Steps of Atkins diet ◀

The Atkins diet has four stages. Depending on the weight loss goals, you can start with the first three steps.

► **Stage 1** (induction): in this challenging phase, you eat only 20 grams of pure carbohydrates (primarily vegetables) per day. Instead of consuming 45 to 65% of the daily calories from carbs, you only get about 10%.



The Atkins diet is a popular low-carb diet developed by Robert c. Atkins. The Atkins diet restricts carbohydrates while emphasizing protein and fat.

► The purpose of the Atkins diet ◀

- Enjoy the types and amounts of food specified in the diet.
- A diet that lowers some carbohydrates for weight loss.
 - Change the eating habits in general.
- A diet that helps to recover medical concerns. Talk to the doctor or health care provider before starting a diet, especially if having a disease such as diabetes.



You do not need to limit fats and fats, but you can not have more fruits, sweet baked goods, bread, pasta, cereals, nuts, or alcohol.

► **Stage 2** (balancing): in this step, you eat at least 12 to 15 grams of pure carbohydrates as a staple vegetable but still avoid foods high in sugar. As you continue to lose weight, you can slowly add some nutrient-rich carbohydrates such as vegetables and berries, nuts, and other seeds. Stay at this point until you are about 10 pounds (4.5 kg) away from your target weight.

► **Stage 3** (before storage): in this step, you gradually increase the range of foods you can eat, from fruits, starchy vegetables and whole grains. You can add about 10 grams of carbohydrates to the diet each week, but you should lose weight if you stop.