

ATKINS DIET LIST OF FOODS ALLOWED

This eBook brought to you by:

Buy-Ebook.com

Our site has got a great collection of the best ebooks which are sold on the Internet, but at a lower price than on any other site.

Affiliates

Earn 60% Commission On Every Sale! We sell 500+ eBooks.

As a Buy-Ebook.com Associate, we will pay you a Massive 60% referral fee for every sale that you generate. You can [sign up for FREE](#) and start making money straight away.

If you want to directly link to some ebooks related to content of your site, [get affiliate link here](#). Choose any from 500+ titles.

NOTE:

If you Would like to Offer this Ebook to Your Web Site Visitors as a FREE Download, then please do so. You can post this ebook to your web site, offer it in your newsletter, print it out as a book, give it to your friends, etc. No royalties are necessary. Give it away or offer it as a bonus with your products. You are not allowed to make any changes to it without permission.

The Author, his publishers, agents, resellers or distributors assume no liability or responsibility to any person or entity with respect to any loss or damage or alleged to be caused directly or indirectly by the use of and the advice given in this publication.

It is recommended that the users of this publication seek legal, accounting and other independent professional business advice before starting a business or acting upon any advice given. This book is not intended for use as a source of legal, business, accounting or financial advice, but is distribute for information purposes only.

ATKINS DIET LIST OF FOODS ALLOWED

Acceptable Foods

These are the foods you may eat liberally during [Induction](#):

All fish, including ... **All fowl**, including ... **All shellfish**, including ... **All meat**, including ... **All eggs**, including ... tuna chicken oysters* beef scrambled salmon turkey mussels* pork fried sole duck lobster lamb poached trout goose clams bacon** soft-boiled flounder Cornish hen squid veal hard-boiled sardines quail shrimp ham** deviled herring pheasant crabmeat venison omelets *Oysters and mussels are higher in carbs than other shellfish, so limit them to four ounces per day.

**Processed meats, such as ham, bacon, pepperoni, salami, hot dogs and other luncheon meats—and some fish—may be cured with added sugar and will contribute carbs. Try to avoid meat and fish products cured with nitrates, which are known carcinogens. Also beware of products that are not exclusively meat, fish or fowl, such as imitation fish, meatloaf and breaded foods. Finally, do not consume more than four ounces of organ meats a day.

OTHER FOODS THAT ARE ACCEPTABLE DURING INDUCTION

Cheese

You can consume three to four ounces daily of the following full-fat, firm, soft and semisoft aged cheeses*, including:

- cheddar
- cow, sheep and goat cheese
- cream cheese
- Gouda
- mozzarella
- Roquefort and other blue cheeses
- Swiss

*All cheeses have some carbohydrate content. The quantity you eat should be governed by that knowledge. The rule of thumb is to count 1 ounce of cheese as equivalent to 1 gram of carbohydrate. Note that cottage cheese, farmer's cheese and other fresh cheeses are not permitted during Induction. No "diet" cheese, cheese spreads or whey cheeses are permitted. Individuals with known yeast symptoms, dairy allergy or cheese intolerance must avoid cheese. Imitation cheese products are not allowed, except for soy or rice cheese—but check the carbohydrate content.

Vegetables

You can have two to three cups per day of:

- alfalfa sprouts
- daikon
- mushrooms
- arugula
- endive

- parsley
- bok choy
- escarole
- peppers
- celery
- fennel
- radicchio
- chicory
- jicama
- radishes
- chives
- lettuce
- romaine lettuce
- cucumber
- mâche
- sorrel

These salad vegetables are high in phytonutrients and provide a good source of fiber.

Other Vegetables

You can have one cup per day of these veggies if salad does not exceed two cups. The following vegetables are slightly higher in carbohydrate content than the salad vegetables:

- artichoke
- celery root
- pumpkin
- artichoke hearts
- rhubarb
- asparagus
- chard
- sauerkraut
- bamboo shoots
- collard greens
- scallions
- dandelion
- snow peas
- bean sprouts
- dandelion greens
- spaghetti squash
- beet greens
- eggplant
- spinach
- broccoli
- hearts of palm
- string or wax beans
- broccoli rabe

- kale
- summer squash
- brussels
- kohlrabi
- tomato
- bean sprouts
- leeks
- turnips
- cabbage
- okra
- water chestnuts
- cauliflower
- onion
- zucchini

If a vegetable, such as spinach or tomato, cooks down significantly, it must be measured raw so as not to underestimate its carb count.

Salad Garnishes

- crumbled crisp bacon
- grated cheese
- minced hard-boiled egg
- sautéed mushrooms
- sour cream

Spices

All spices to taste, but make sure none contain added sugar.

Herbs

- basil
- garlic
- rosemary
- cayenne pepper
- ginger
- sage
- cilantro
- oregano
- tarragon
- dill
- pepper
- thyme

For salad dressing, use oil and vinegar (but not balsamic vinegar, which contains sugar) or lemon juice and herbs and spices. Prepared salad dressings without added sugar and no more than two carbs per tablespoon serving are also fine.

Acceptable Fats and Oils

Many fats, especially certain oils, are essential to good nutrition. Olive oil is particularly

valuable. All other vegetable oils are allowed, the best being canola, walnut, soybean, grapeseed, sesame, sunflower and safflower oils, especially if they are labeled "cold-pressed" or "expeller-pressed." Do not cook polyunsaturated oils, such as corn, soybean and sunflower oil, at high temperatures or allow to brown or smoke.

Butter is allowed. Margarine should be avoided, not because of its carbohydrate content, but because it is usually made of trans fats (hydrogenated oils), which are a serious health hazard. (Some nonhydrogenated margarines are available in health-food stores.)

You don't have to remove the skin and fat from meat or fowl. Salmon and other cold-water fish are an excellent source of omega-3 fatty acids.

Remember that trying to do a low-fat version of the Atkins Nutritional Approach™ will interfere with fat burning and derail your weight loss.

Artificial Sweeteners

You must determine which artificial sweeteners agree with you, but the following are allowed: sucralose (marketed as Splenda™), saccharin, cyclamate and acesulfame-K. Natural sweeteners ending in the suffix "-ose," such as maltose, fructose, etc., should be avoided. However, certain sugar alcohols, such as maltitol, do not affect blood sugar and are acceptable.

Saccharin has been extensively studied, and harmful effects were produced in the lab when fed to rats only in extremely high doses. The Food and Drug Administration (FDA) has removed saccharin from its list of carcinogens, basing its decision upon a thorough review of the medical literature and the National Institute of Science's statement that there is "no clear association between saccharin and human cancer." It can be safely consumed in moderation, meaning no more than three packets a day. Saccharin is marketed as Sweet'n Low™.

We discourage the use of aspartame (marketed as NutraSweet® and Equal®) because of clinical observations that it slows weight loss in certain individuals. The FDA has approved the herb stevia for use only as a supplement, not as a sweetener.

The Atkins preference, however, is sucralose (Splenda™), the only sweetener made from sugar. Sucralose is safe, noncaloric and does not raise blood sugar. It has been used in Canada for years, and the FDA recently approved it after reviewing more than 100 studies conducted over the past 20 years. Note that each packet of sugar substitute contains about 1 gram of carbohydrate, so don't forget to include the amount in your daily totals.

Acceptable Beverages

Be sure to drink a minimum of eight eight-ounce glasses of water each day, including:

- Filtered water
- Mineral water
- Spring water
- Tap water

Additionally, you can have the following:

- Clear broth/bouillon (not all brands; read the label)
- Club soda
- Cream, heavy or light (limit to two to three tablespoons a day; note carbohydrate content)
- Decaffeinated coffee or tea*
- Diet soda made with sucralose (Splenda™); be sure to count the carbs

- Essence-flavored seltzer (must say "no calories" and should not contain aspartame)
- Herb tea (without barley or any fruit sugar added)
- Lemon juice or lime juice (note that each contains 2.8 grams carbohydrate per ounce); limit to two to three tablespoons

*Excessive caffeine may cause unstable blood sugar and should be avoided by those who suspect they are caffeine dependent. Everyone should try to avoid caffeine. Grain beverages (coffee substitutes) are not allowed. Alcoholic beverages are also not permitted during Induction; those low in carbohydrates are an option, in moderation, in later phases.

Special Category Foods

To add variety, each day you can also eat 10 to 20 olives, half a small avocado, an ounce of sour cream or three ounces of unsweetened heavy cream, as well as two to three tablespoons of lemon juice or lime juice. But be aware that these foods occasionally slow down weight loss in some people, and may need to be avoided in the first two weeks. If you seem to be losing slowly, moderate your intake of these foods.

Convenience Foods

Although it is important that you eat primarily unprocessed foods, some controlled carb food products can come in handy when you are unable to find appropriate food, can't take time for a meal or need a quick snack. More and more companies are creating healthy food products that can be eaten during the Induction phase of Atkins. Just remember two things:

Not all convenience food products are the same, so check labels and carbohydrate content.