

ATKINS PHASE 1: INDUCTION ACCEPTABLE FOODS LIST

Phase 1 of the Atkins diet is called Induction.

It's where you'll jump start your weight loss program, losing up to 15 pounds in the first 2 weeks. Here, with a few easy steps, you'll turn your body into the fat-burning machine you've always wished it could be.

As the name implies, Induction is your initiation into the Atkins Diet weight loss program. All too often, people confuse this first phase of the program with the whole Atkins Diet, but Induction is only the first of four progressively liberal phases. The two main objectives of Induction are:
 - TO SWITCH YOUR BODY FROM BURNING PRIMARILY CARBOHYDRATES (IN THE FORM OF GLUCOSE) TO BURNING PRIMARILY FAT (INCLUDING YOUR BODY FAT) FOR ENERGY
 - TO JUMP-START WEIGHT LOSS

To encourage your body to burn fat, you'll initially consume only 20 grams of Net Carbs per day. The carb foods you'll eat in this phase are primarily vegetables low in carbs but rich in vitamins, minerals, antioxidants and other nutrients, including fiber.

FISH, POULTRY, MEAT & EGGS

Most fish, poultry, meat and eggs do not contain carbs; therefore, you may eat them but be sure you are getting your 1.2 to 1.5 net carbs in vegetables as well.

All fish including:

- Flounder
- Herring
- Salmon
- Sardines
- Sole
- Tuna
- Trout

All fowl including:

- Cornish Hen
- Chicken
- Duck
- Goose
- Pheasant
- Quail
- Turkey

All shellfish including:

- Clams
- Crabmeat
- Mussels*
- Oysters*
- Shrimp
- Squid

*Oysters and mussels are higher in carbs so limit to about 4 ounces per day.

All meat including:

- Bacon*
- Beef
- Ham*
- Lamb
- Pork
- Veal
- Wenison

*Be aware of processed meat and that some may be cured with sugar, which will add to the carbohydrate count. Also steer clear of meats with added nitrites.

All Eggs including:

- Deviled
- Fried
- Hard-boiled
- Omelets
- Poached
- Scrambled
- Soft-boiled

CHEESES

Cheese does contain carbs, about 1 gram per ounce. You may have about 3 to 4 ounces of cheese per day.

Cow, sheep & goat	1 oz	0.3
Blue cheeses	2 T	0.4
Cheddar	1 oz	0.4
Goats	1 oz	0.6
Mozzarella	1 oz	0.6
Cream cheese	2 T	0.8
Parmesan	1 oz	0.9
Swiss	1 oz	1.0
Feta	1 oz	1.2

SALAD GARNISHES

Crumbed bacon	3 slices	0.0
Hard-boiled egg	1 egg	0.5
Sautéed mushroom	1/2 cup	1.0
Sour cream	2 tbs	1.2

HERBS & SPICES

Basil	1 tbs	0.0
Cayenne pepper	1 tbs	0.0
Cilantro	1 tbs	0.0
Dill	1 tbs	0.0
Garlic	1 clove	0.9
Ginger	1 tbs	0.8
Oregano	1 tbs	0.0
Pepper	1 tbs	0.0
Rosemary	1 tbs	0.0
Sage	1 tbs	0.0
Tarragon	1 tbs	0.0

SALAD DRESSINGS

Blue cheese	2 tbs	2.3
Caesar	2 tbs	0.5
Italian	2 tbs	3.0
Lemon juice	1 tbs	2.8
Lime juice	2 tbs	2.8
Oil and vinegar	2 tbs	1.0
Ranch	2 tbs	1.4

FATS AND OILS

Butter	1 T	0.0
Mayonnaise	1 T	0.0
Olive oil	1 T	0.0
Vegetable oils	1 T	0.0
Canola*	1 T	0.0
Walnut	1 T	0.0
Soybean*	1 T	0.0
Grape seed*	1 T	0.0
Sesame	1 T	0.0
Sunflower*	1 T	0.0
Safflower*	1 T	0.0

*Do not allow any oils to reach overly high temperatures when cooking. Use olive oil for sautéing only. Use walnut or sesame oil to dress cooked veggies or salad, but not for cooking.

ARTIFICIAL SWEETENERS

Splenda	1 Pack	1.0
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BEVERAGES

Clear broth/ bouillon	0.0
Club soda	0.0
Cream, heavy or light	0.0
Coffee and tea*	0.0
Diet soda (double check)	0.0
Flavored seltzer (no cal)	0.0
Herb tea	0.0
Unflavored soy	0.0
Almond milk	0.0
Water, including:	
Filtered water	0.0
Mineral water	0.0
Spring water	0.0
Tap water	0.0

*One to two cups of caffeinated tea or coffee is allowed as directed and tolerated by each individual. If you experience symptoms of hypoglycemia or shakiness as a result, do not use caffeine. If you have a true caffeine addiction, do try best to break the habit during the Induction phase.

*Limit lemon and lime juices to 3 T per day

SALAD VEGETABLES

You should be eating approximately 1.2 to 1.5 grams of net carbs per day in the form of vegetables. Measure these salad vegetables raw.

Alfalfa sprouts	1/2 cup/raw	0.2
Arugula	1 cup/raw	0.4
Bok choy	1 cup/raw	0.4
Celery	1 stalk	0.8
Chicory greens	1/2 cup/raw	0.1
Chives	1 tablespoon	0.1
Cucumber	1/2 cup	1.0
Daikon	1/2 cup	1.0
Endive	1/2 cup	0.4
Escarole	1/2 cup	0.3
Fennel	1/2 cup	1.8
Jicama	1/2 cup	2.5
Iceberg lettuce	1 cup	1.2
Mushrooms	1/2 cup	0.2
Parsley	1 tablespoon	0.1
Peppers	1/2 cup/raw	2.3
Radicchio	1/2 cup/raw	0.7
Radishes	6/raw	0.5
Romaine lettuce	1 cup	0.4

COOKED VEGETABLES

The following vegetables are slightly higher in carbs than the vegetables listed above. Stay within the 1.2-1.5 grams of net carbs. Measure these vegetables after cooking.

Artichoke	1/2 medium	3.5
Asparagus	6 spears	2.4
Artichoke heart	1 canned	1.0
Avocados	1/2 whole	1.8
Bamboo shoots	1/2 cup	1.2
Broccoli	1/2 cup	1.7
Broccoli raw	1/2 cup	0.8
Broccoli rabe	1/2 cup	2.0
Broccoflower	1/2 cup	2.3
Brussels sprouts	3/4 cup	1.8
Cabbage	1/2 cup (raw)	1.6
Cauliflower	1/2 cup (raw)	1.4
Swiss chard	1/2 cup	1.8
Collard greens	1/2 cup boiled	2.0
Eggplant	1/2 cup	2.0
Green String Beans	1 cup	4.1
Hearts of palm	1 heart	0.7
Kale	1/2 cup	2.4
Kohlrabi	1/4 cup	2.3
Leeks	1/2 cup	3.8
Okra	1/2 cup	2.4
Olives green	5	0.1
Olives black	5	0.7
Onion	1/4 cup	4.3
Pumpkin	1/4 cup	2.4
Rhubarb	1/2 cup	1.7
Sauerkraut	1/2 cup	1.2
Snow peas	1/2 cup	3.4
Spaghetti squash	1/2 cup	2.2
Spinach	1/2 cup	2.2
Summer squash	1/2 cup	2.6
Tomato	1/4 cup	4.3
Turnips	1/2 cup	3.3
Water chestnuts	1/2 cup	3.8
Zucchini	1/2 cup	1.5

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