

## Atkins Induction

Atkins diet foods are easy to find and available everywhere. There are many varieties to choose from, whether you pick prepackaged low-carb diet foods or make your own meals. No matter how you want to do the Atkins plan, there is a solution out there for you.

You'll need to keep the Atkins food pyramid in mind when you make food choices. The Atkins pyramid looks much different than the USDA Food Guide Pyramid. The base of the pyramid consists of protein sources such as eggs, fish, beef, chicken and tofu. On a daily basis, your diet should consist primarily of these foods. The second tier has low glycemic vegetables like salad greens, broccoli, cauliflower, asparagus and spinach.

The third tier is made up of berries and avocado. Fruits should be used on an occasional basis after the initial stages of the Atkins diet. Vegetable and seed oils, cheese, dairy, nuts and legumes are used sparingly and in appropriate portions. While the FDA pyramid has oils and fats at the top peak, the Atkins pyramid places whole grain foods in this spot. Whole grain foods should be used very occasionally and don't make up the mainstay of the Atkins diet.

When you start the Atkins plan, you'll need to make sure you understand which foods are acceptable for your stage of the program. The Induction phase is the most restrictive, but it only lasts two weeks.

You owe it to your dieting success to stay within the acceptable foods list. One of the best ways to do this is to follow the Atkins menu plans that are printed within the New Diet Revolution book. There are also Atkins cookbooks and cookbooks that are geared toward other low carb diets that are helpful in formulating meal plans.

It's a helpful idea to use a cheat sheet of acceptable Atkins foods wherever you go. If you are out and about and hungry, the last thing you want to do is to try to think back in your memory to figure out what you can and cannot eat. Carrying a list of acceptable foods with you will make finding a snack or meal while out on the run easy. You can't always rely on "low carb" labels to tell you whether or not something is diet friendly. Ever since low carb became the new diet craze, manufacturers have been jumping on the bandwagon to attract Atkins dieters. They label items low carb to sell products and don't have your health in mind. Relying on foods from your own personal list is the best way to stay on the plan.

Another good resource for keeping track of the appropriate Atkins foods is an

online diet program. There are several available. Some are free and some have a small monthly fee. The programs require you to register and then they provide you with personal weekly menu plans based on your needs and your carbohydrate gram level. There are normally printable weekly shopping lists that make picking up your Atkins diet foods from the grocery store easy and quick.

Atkins diet food is easy to find once you know what you are looking for. The books, food pyramid and online resources can help you make better food choices and stay on the diet for the long term.

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