

Atkins Diet Food List

The Atkins diet is a low-carbohydrate diet designed to help individuals lose weight and improve overall health by reducing carb intake and focusing on protein, healthy fats, and non-starchy vegetables. This approach emphasizes net carbs, calculated by subtracting fiber from total carbs, to maintain optimal fat-burning in the body.

Protein sources	Healthy fats
<ul style="list-style-type: none">• Beef (steak, ground beef)• Pork (bacon, pork chops)• Chicken (breast, thighs)• Turkey• Fish (salmon, tuna, mackerel)• Shellfish (shrimp, crab, lobster)• Eggs	<ul style="list-style-type: none">• Olive oil• Avocado oil• Coconut oil• Butter (unsalted)• Ghee• Nuts and seeds (almonds, walnuts, chia seeds, flaxseeds)• Olives
Vegetables (non-starchy)	Dairy (in moderation)
<ul style="list-style-type: none">• Leafy greens (spinach, kale, arugula)• Broccoli• Cauliflower• Zucchini• Asparagus• Bell peppers• Cucumber• Mushrooms• Eggplant• Green beans• Brussels sprouts	<ul style="list-style-type: none">• Cheese (cheddar, Swiss, mozzarella)• Heavy cream• Sour cream (full-fat, unsweetened)• Greek yogurt (plain, full-fat)
Low carb fruits (phases 2 and beyond)	Nuts and seeds
<ul style="list-style-type: none">• Berries (strawberries, blueberries, raspberries)• Avocado• Lemons and limes	<ul style="list-style-type: none">• Almonds• Walnuts• Pecans• Chia seeds• Flaxseeds• Pumpkin seeds
Beverages	Condiments and spices
<ul style="list-style-type: none">• Water (still or sparkling)• Coffee (unsweetened)• Tea (herbal, green, black)• Bone broth	<ul style="list-style-type: none">• Salt, pepper, garlic, herbs (fresh or dried)• Mustard• Vinegar (balsamic, apple cider, white)• Hot sauce (without sugar)• Soy sauce (in moderation)

Additional notes

References

Atkins. (2021, June 14). *Atkins 20®*: A low carb ketogenic diet. <https://www.atkins.com/how-it-works/atkins-20>

Brazier, Y. (2020, January 30). Atkins diet: What is it, and should I try it? *MedicalNewsToday*. <https://www.medicalnewstoday.com/articles/7379>