

# **Atkins Diet**

## **What's involved with following this diet?**

Stage 1: 20g of carbs (from vegetables); carbs make up 10% of your daily caloric intake; 8 glasses of water a day; usually lasts about 2 weeks.

Stage 2: 20g of carbs but you can add in about 10-15grams from other sources (excluding starches and breads).

Stage 3: Still increasing carbs and you can incorporate starches and whole grains.

Stage 4 (Lifetime): Up to 120 grams/day.

## **Who is it for?**

People who want to lose weight.

## **Is it backed by scientific research?**

Dr. Atkins conducted a trial on himself and 65 other colleagues and results were that overall, significant weight loss was achieved. It shows to increase HDL and control blood sugar.

## **Is it dangerous?**

It may lead to a higher risk of more diseases and cancer (Astrup et al. 2004). It also needs to be constantly monitored.

## **Would you recommend?**

I would not recommend this diet because it is highly restrictive and may lead to an unhealthy relationship with certain food groups that are necessary for holistic health.