

A high-protein, high-fat, low-carbohydrate weight-loss diet popularized by Dr. Robert C. Atkins that allows for unrestricted amounts of meat, cheese and eggs while severely restricting carbohydrates, including sugar, bread, pasta, milk, fruits and vegetables. The Atkins diet is based on the theory that eating carbohydrates stimulates the production of insulin, which in turn leads to hunger, eating, and weight gain. The theory is that people on the Atkins diet experience reduced appetite and their bodies use stored fat for energy versus burning glucose from ingested carbohydrate. Burning fat for energy is supposedly lead to weight loss.

WHY THIS DIET?

As described above, once glucose from carbohydrate foods is no longer available for energy, the body uses stored body fat instead, or fat and protein consumed from foods. Very low-carb versions of the Atkins diet can have similar effects to the **keto diet**, which seems to be better supported by research than fad diets, such as Atkins. Also simply called “keto,” this is a very low-carb way of eating that strictly eliminates almost all sources of glucose in order to put the body into fat-burning mode quickly. Some people following a keto diet consume up to 80 percent of their total calories from fat.

1. Causes Weight Loss
2. May Help Prevent or Treat Diabetes
3. May Normalize Triglyceride and Cholesterol Level
4. Treats Polycystic Ovarian Syndrome (PCOS)
5. Reduces Dementia Risk

THINGS TO MIND

Keep in mind that Atkins diet may cause possible side effects or worsened symptoms in some people, including:

- Fatigue or lethargy
- Trouble exercising due to weakness or loss of interest in being active due to feeling tired
- Trouble sleeping
- Digestive problems, such as constipation (usually due to low fiber intake)
- Indigestion due to eating too much fat
- Irritability or mood swings (which can occur when reducing carb intake, which impacts serotonin levels)
- Bad breath

Like with all dietary plans, it's important to practice self-awareness if you plan to reduce your carb intake drastically for weight loss. This is especially true if you're underweight, very active, elderly, have a hormone-related health condition, or you're pregnant or breastfeeding. Pay attention to how you feel, your energy, sleep, moods and digestion in order to arrive at the level of carbs in your diet that works best for you personally.