

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

## Additional notes

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## 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>