

Atkins and Ketogenic Diet Food Pyramid

Add After Ketosis:

Whole grain foods such as
— barley, oats and brown rice

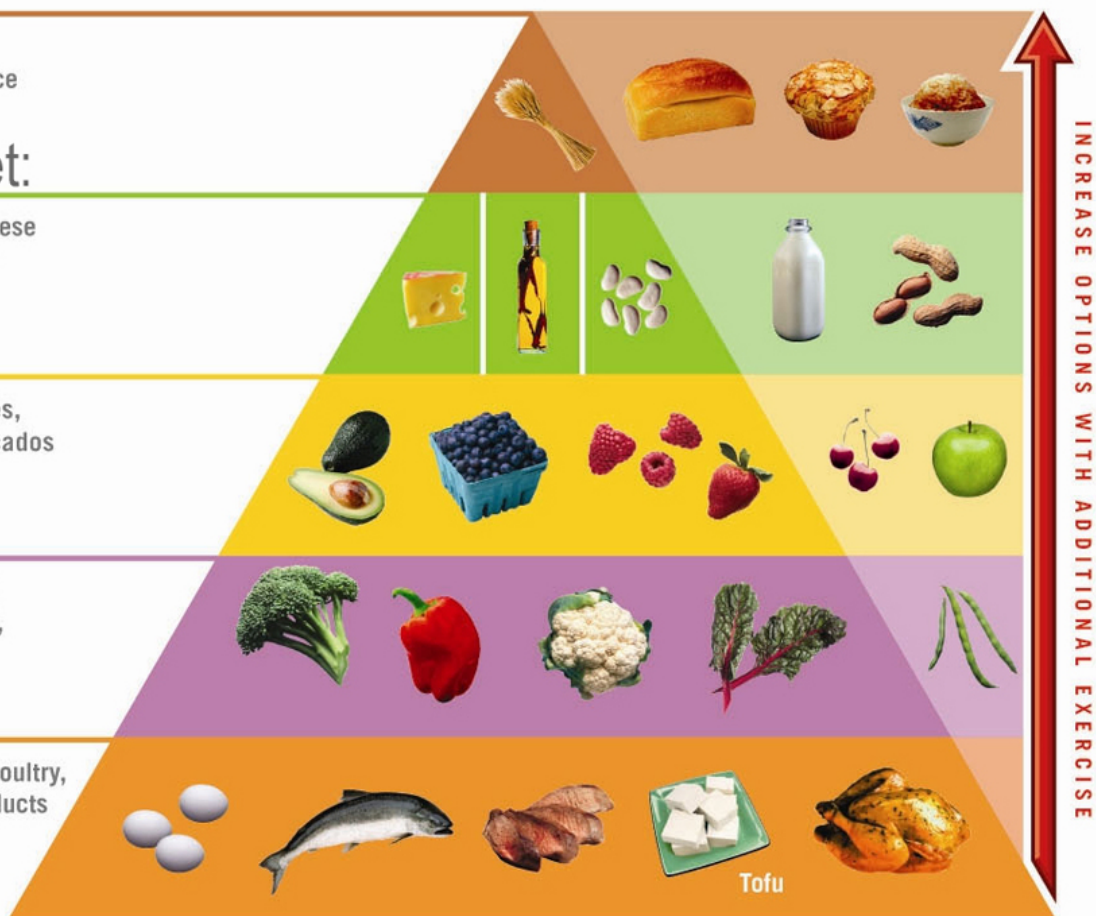
Ketogenic Diet:

Vegetable and seed oils, cheese
and dairy, nuts and legumes

Fruits such as — blueberries,
raspberries, pears and avocados

Vegetables such as — salad
greens, broccoli, cauliflower,
asparagus and spinach

Protein sources such as — poultry,
fish, beef, pork, and soy products



HERE'S WHAT YOU DO:



ADDED SUGARS & HYDROGENATED OILS

1. Limit and control certain carbohydrates to achieve and maintain a healthy weight.
2. Choose carbohydrates wisely (vegetables, fruits, legumes, whole grains), avoiding refined carbohydrates and foods with added sugars.
3. Eat until you are satisfied:
 - to maintain weight, eat in proportion to the pyramid.
 - to lose weight, focus on protein, leafy vegetables and healthy oils.
4. Everyone's metabolism and lifestyle are different. Discover your individual carb level to achieve and maintain a healthy weight. Raise this level with additional exercise.