

Adding Fruit and Chocolate on Low Carb

Adding fruit and chocolate after Atkins Induction is tricky. What if you start craving or stall? The idea of eating chocolate to lose weight seems impossible, but what if science backed it up?

Learn how to eat the lowest carb fruit during Atkins phases, try out a fat bomb and grab a handful of *safe* chocolate with benefits.

Inside Your Guide

- 20 low carb fruits with 1-5 net carbs
- 23 low carb fruits with 5-10 net carbs
- Blackberry fat bomb recipe
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- How to eat chocolate on low carb
- Choosing a safe chocolate



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Eating Fruit on Atkins Induction

When following Atkins, you won't eat most fruit for the first two weeks (during Induction). However, avocados *are* allowed.

Avocados are sometimes thought of as a vegetable, but they are actually Induction-friendly low carb fruit (like tomatoes).

There are 6 total grams of carbs and 4.2 grams of fiber in ½ of an avocado.

- Net carbs per ½ avocado: 1.7

Fruit After Induction

The Atkins diet moves from Induction to Ongoing Weight Loss (OWL) after the first two weeks. At this time, the lowest carb fruit are allowed in moderation.

What is "moderation?" Try not to exceed 10-12 net carbs total per hour to prevent blood sugar spikes and inflammation.

Fruit for OWL & Maintenance Phases

During the early OWL and Maintenance Atkins phases, concentrate on low carb fruit recipes using raspberries, rhubarb, strawberries and guava.

These particular low carb fruits are higher in fiber and are considered safer for new low carbers.

- **Rhubarb** Net carbs per ½ cup: 1.7
- **Blackberries** Net carbs per ½ cup: 3
- **Raspberries** Net carbs per ½ cup: 3.4
- **Strawberries** Net carbs per medium strawberry: 3.4
- **Guava** Net carbs per ½ cup: 5.3

Fruit with 1-5 Net Carbs

Fruit, Serving Size, Net Carbs

1 Net Carb or Less

- Avocado, ½ cup, 1

2 Net Carbs or Less

- Coconuts, ¼ cup, 1.3
- Raspberries, ¼ cup, 1.7
- Rhubarb, ½ cup, 1.7
- Cranberries, ¼ cup, 2

3 Net Carbs or Less

- Strawberries, ¼ cup, 2.3
- Watermelon, ¼ cup, 2.6
- Blackberries, ¼ cup, 2.7
- Starfruit, ¼ cup, 3
- Apricot, ¼ cup, 3

4 Net Carbs or Less

- Red Raspberries, ½ cup, 3.4
- Lemon, ¼ cup, 3.5
- Honeydew, ¼ cup, 3.6
- Black Raspberries, ½ cup, 3.7
- Currant, ¼ cup, 4
- Elderberries, ¼ cup, 4
- Blueberries, ¼ cup, 4

5 Net Carbs or Less

- Persimmon, ½ of small, 4.1
- Cherries, ¼ cup, 4.2
- Strawberries, sliced, ½ cup, 4.7
- Pineapple, ¼ cup, 4.8
- Strawberries, 1 whole large, 5
- Acai Berry, 1 oz, 5

Fruit with 6-10 Net Carbs

Fruit, Serving Size, Net Carbs

6 Net Carbs or Less

- Watermelon, ½ cup, 5.2
- Guava, ½ cup, 5.3
- Tangelo, ½ of whole, 6

7 Net Carbs or Less

- Prickly Pear (Cactus Pear), 1 whole, 6.2
- Mango, ¼ cup, 6.3
- Grapes, ¼ cup, 6.7
- Raisins, Golden, 1 tbsp, 6.8
- Raisins, Seedless, 1 tbsp, 6.8
- Cantaloupe, ½ cup, 7

8 Net Carbs or Less

- Peach, 1 small, 7.2
- Plum, ¼ cup, 7.6
- Passion Fruit (Maracuya), ¼ cup, 7.7
- Grapefruit (red), ½ of whole, 7.9

9 Net Carbs or Less

- Apple, ½ of whole, 8.7
- Kiwi, 1 whole, 8.7
- Tangerine, 1 small, 8.8
- Gooseberries, ¼ cup, 9
- Ugli Fruit, ½ of whole, 9

10-ish Net Carbs

- Pears:
Bartlett, ½ of medium, 10.3
Anjou, ½ of medium, 10.5
- Pomegranate, ¼ of whole, 10.4
- Banana, ½ of small, 10.6



Adding Fruit

Many low carbers choose to eat the lowest carb fruit. Others keep their distance.

Why is there a divide in opinion?

What if the fruit is high fiber and coupled with healthy, low carb ingredients that burn stored fat? Wouldn't that be healthy? It's not just about "healthy."

Many low carbers find it challenging to eat 'just a quarter cup' of tempting fruit – low carb or not. Eating sweets in general may cause more sugary cravings, making it difficult to stick to your plan.

Test the waters after Induction. Add the highest fiber, lowest carb fruit. Limit your servings to a few per week and track your progress.

Start Safely

So, you're ready to add fruit to your diet. One safe solution is a higher fat, smaller portioned snack. [Fat bomb recipes](#) are a great way to increase healthy fats, and a safe way for you to test out fruit or chocolate without going full-tilt.

Start with fruit and see how it goes (Cravings? Stalls?) And when you're ready, try some dark chocolate versions of your favorites.

Blackberry Nut Fat Bombs

Blackberries and macadamia nuts add lots of healthy fiber and fat.



1.3 net carbs per serving for 12 servings.

Ingredients

- 2 oz macadamia nuts (20 nuts)
- 4 oz cream cheese
- 1 cup blackberries
- 3 tbsp Mascarpone cheese
- 1 cup [coconut oil](#)
- 1 cup [coconut butter](#)
- 1/2 tsp vanilla extract
- 1/2 tsp lemon juice
- Preferred sweetener to taste

Instructions

Crush macadamias and press into a baking dish or mold. Bake 5 to 7 minutes at 325 F, or until golden brown. Remove from oven and allow to cool slightly. Spread a layer of softened cream cheese over the nut “crust.”

In a bowl, mix together blackberries, Mascarpone, coconut oil, coconut butter, vanilla, lemon juice and sweetener (optional) until smooth and well-combined.

Pour mixture over cream cheese layer. Freeze for 30-60 minutes, remove, store in fridge. Delicious with dark chocolate drizzled over the top.

Adding Chocolate

Chocolate helps your low carb diet – if you play by the rules.

Impressive research shows eating dark low carb chocolate promotes health and increases weight loss. Those are two solid reasons to enjoy chocolate *without* the guilt of blowing your diet.

Using Chocolate for Weight Loss

It's surprising, but eating *healthy* dark, low carb chocolate frequently is linked to weight loss. Dark chocolates are rich in fat, having favorable metabolic effect.

Chocolate Weight Loss Studies

Why is eating chocolate associated with weight loss?

After eating low carb chocolate, fewer calories end up as fat deposited in the body, translating into weight loss. These weight loss effects have been the subject of two well-known studies.

Dr. Beatrice Golomb, associate professor of medicine at UC San Diego suspects it has something to do with cocoa's epicatechins, an antioxidant that increases muscle mass and weight loss.

Healthy Dark Chocolate Study

Golomb's chocolate study focused on 975 San Diego men and women, aged 20 to 85. Half the participants ate low carb dark chocolate, half did not. Both groups engaged in the same amount of exercise.

The dark chocolate eaters consumed more calories overall, but had a lower body mass index (BMI) than the chocolate-avoiders.

The study does not prove *why* eating low carb chocolate has this effect, but the weight loss results are a sweet surprise.

Chocolate Cocoa Study

In early 2012, The American Chemical Society devoted a panel to research the health benefits of chocolate and cocoa. The research results proclaim dark chocolate the overall favorite, concluding:

- Dark chocolate helps weight loss and reduces cholesterol.
- Dark chocolate helps the elderly score higher on cognitive tests (University of Illinois, 2008).
- Dark chocolate has more cell-shielding antioxidants than the juice of "super fruits" (University of Oxford, 2009).

Excuses to Eat Chocolate

Enjoying low carb chocolate satisfies cravings for sweet foods and provides health benefits at the same time. But there's more:

- Chocolate has antioxidants and helps repair free radical damage.
- Dark chocolate is a good source of iron, magnesium, copper, manganese.
- Dark chocolate is very low in sugar.
- Cocoa butter is high in healthy fats and is low in polyunsaturated fat.
- On low carb diets, eating very dark chocolate speeds fat burning.



The Dark Side

Dark chocolate still has some sugar, which is a toxin. The sugar in chocolate is still a known trigger for unhealthy cravings or binges. Moderation is the key.

Many chocolates still contain small amounts of soy lecithin, an unhealthy emulsifying agent. Some chocolates may be cross-contaminated with gluten grains, so read all labels carefully.

Rules for Eating Chocolate

For health benefits and weight loss, dark chocolate (enjoyed in moderation) is definitely possible, but there are rules.

Know Your Limit

- Set a “chocolate limit” and eat only a realistic amount: a few square inches.
- Count your carbs *and* your calories. Be strict, honest and accurate.
- When eating low carb chocolate, eat a maximum of 10 net carbs per hour to avoid insulin spikes.

Watch for Cravings

- If your cravings for sweets increase, try cocoa powder or nibs instead.



Choosing Chocolate

When it comes to chocolate, darker versions are usually healthier. Dark chocolate is made with a much higher ratio of chocolate solids – and very little added sugar.

Check Labels Carefully

- Choose a dark chocolate that hasn't come in contact with any gluten-containing grains.
- Double check the label for net carbs *and* unhealthy ingredients.
- Select organic chocolate produced under fair working conditions.

Choose the Darkest

- Choose dark bars made from at least 70% cocoa solids.
- Choose dark chips made from at least 55% cocoa solids.
- Snack on organic raw cacao nibs instead of chips.

Dark Chocolate Chips

Stevia-sweetened, all-natural, non-GMO ingredients. Made with fair trade and gluten-free certified cocoa.



[Lily's premium dark chocolate Baking Chips](#) are your low carb solution for recipes. Lily's dark chocolate chips melt and blend easily. Delicious!

Raw Nibs

Snack on these sweet dark chocolate nibs or use them in recipes instead of sugary milk chocolate chips.



[Organic Raw Cacao Nibs](#) are “nature’s chocolate chips” and boast a strong, raw dark chocolate flavor.

Raw cacao is high in fiber, iron and essential minerals, and one of the most plentiful sources of antioxidants and magnesium.

Organic, kosher, non-GMO, certified gluten free and vegan.

Cacao Powder

Cacao powder offers a sugar free, rich taste and bold chocolate flavor.

Antioxidants in cacao provide cellular defense against the effects of free radicals, improve the look of skin, and promote fast cellular repair and rejuvenation.



[Viva Labs Cacao Powder](#) is made from Criollo cacao beans – the highest quality cacao without bitterness. Viva Lab's brand is unprocessed, retaining important nutrients like magnesium, calcium, iron, fiber and protein.



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