The Atkins Diet: Foods You Can and Can't Eat While on the Diet

Here's the complete list of all the approved foods you can eat and can't eat on the Atkins Diet.



APPROVED FOODS YOU CAN EAT ON THE ATKINS DIET

- [ ] Meats – for example, beef, ham, pork, and bacon
- [ ] Chicken, turkey, and other poultry
- [ ] All fish and seafood
- [ ] Dairy – half and half, cheese, butter, yogurt, creamer, sour cream
- [ ] Healthy Fats – Avocados, extra virgin olive oils, and coconut oil
- [ ] Egg – you can have them prepared how you like
- [ ] Vegetables – think “green” veggies and vegetables that are low-carb
- [ ] All nuts and seeds and all-natural peanut butter
- [ ] Artificial sweeteners – for example, Equal, Splenda, Sweet & Low

APPROVED SNACKS YOU CAN HAVE ON THE ATKINS DIET

- [ ] A small cup of plain popcorn
- [ ] Avocados
- [ ] No sugar jerky
- [ ] Celery with all-natural peanut butter or cheese cream
- [ ] String cheese

- [ ] Hard-boiled eggs
- [ ] Tuna
- [ ] A cup of cooked green beans
- [ ] Nuts and seeds
- [ ] Sliced ham or turkey
- [ ] Real dark chocolate

FOODS YOU SHOULD AVIOD ON THE ATKINS DIET

- [ ] Sugar, stay away from all sugar, from sugary drinks to cakes, to processed foods
- [ ] Grains, this is the second most important one. Grains are high in carbs. This includes all types of pastas, rice, breads, and any high processed carbs
- [ ] Vegetables high in starches, for example, potatoes
- [ ] Vegetable oils – any oil with a vegetable base
- [ ] Fruits that are high in sugar, examples are pineapples, strawberries, and even bananas.
- [ ] Diet foods

WHAT YOU CAN DRIK ON THE ATKINS DIET

- [ ] Coffee, and yes you can add cream, half and half is best
- [ ] Wine with low sugar, try organic wines (limit this is around one glass per week)
- [ ] Tea
- [ ] Water with a little splash of real lemon
- [ ] Some flavored waters and diet soda (this should not be a regular go-to)
- [ ] Club soda
- [ ] Almond milk

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