

# 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.

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## 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 AVOID 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,
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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 DRINK 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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