

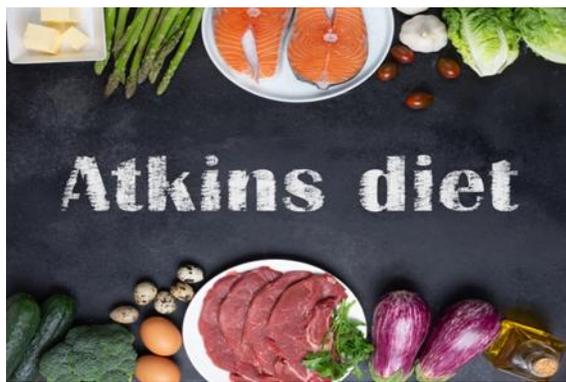
Atkins Diet

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Abstract—Although this low – carbohydrate, high – fat, high – protein classic eating plan has fluctuated in popularity over the years, it continues to influence a range of similar diets. Using low – or non – carbohydrate diets for rapid weight loss can be traced back to the 1800s but the origins of this practice probably date back to an even earlier times. The Atkins diet first became popular during the 1960s when clinically obese individuals were admitted to a hospital for medical treatment. Physicians tried reducing patient's weight by temporarily omitting carbohydrates from their diet to treat related diseases. Published in the early 1990s Dr. Atkins new Diet Revolution became a bestseller overnight and numerous media stories some favorable, some not - started to circulate. The most recent Atkins plan promotes five different nutritional “rules:” High consumption of protein, fiber, substantial vitamin and mineral intake, the elimination of Trans fats and low amount of sugar. Although physical activity is encouraged alongside the diet plan, the main focus is on the high –protein, low-carbohydrate regimen.

Before scientist data existed, a combination of consumer interest, well-timed marketing strategies, and media coverage catapulted this diet into the limelight and sealed its popularity. The Atkins Corporation today promotes not only the Atkins Diet but also a wide range of branded products including foods and supplements designed to be consumed as part of the plan. Consumers can subscribe to websites and clubs, receive newsletters, download recipes, participate in discussion groups, and even take course on the subject.



Index Terms—Atkins Corporation, Ketones, Insulin, Weight-Loss, satiety, Glucose Stability, Diverticulosis, Low-Density Lipoproteins (LDL), Triglycerides.

I. DIET HISTORY

Low-Carbohydrate diet plans have turned up under many different names and been marketed by different promoters over the years. Dr. Robert C. Atkins, the most famous of its advocate, published “The Atkins No Carbohydrate, High Protein Diet” in 1972. The original diet was extremely limited in terms of fruits and vegetables. Following a dip in popularity and a few more modifications, consumer interest was renewed but the Atkins Diet remains controversial to this day. Another variation of the low-Carb plan is the South Beach Diet which has gained recent popularity and includes fruit, vegetables limited grains, and transitional phases. Many overweight and obese individuals use low-Carb diets to shed unwanted weight fast. Although initially this is water weight, it may provide motivation to continue. These days “Atkins” and “Low-carbohydrate and High- protein” are terms synonymous with carbohydrate limitations and a high protein intake from meat, fish, and other sources. Due in large part to the protein and fat, this diet has found favor with the general public because individuals feel satisfied or full for longer than on other diets.

II. WORKING STYLE

The Atkins Diet recommends a restricted amount of carbohydrate intake for the first couple of weeks during the Induction Phase, and then gradually introduces an increased amount of carbohydrate. During the Maintenance Phase Carbohydrates are allowed to be eaten in small amount to control the release of insulin. A limited carbohydrate intake will trigger a state of starvation in the body because the

brain, nervous system a blood depends on the glucose obtained from carbohydrates for optimal functioning. When food intake fails to provide the minimum amount of carbohydrate is required, the body resorts to breaking down protein from muscle and body fat reserves to obtain glucose for energy. Any protein or fats left over are broken down into ketones-toxic substances which released into the blood stream must be purged by the kidneys. Dehydration may occur because these substances are eliminated or washed-out using water from the body's tissue.

The Atkins Diet causes the rapid shedding of pounds largely from water lost by the kidney's, with some burning of fat. To minimize loss of body water and to help flush out ketones, a high consumption of water is strongly recommended. A long-term study on Atkins reported the greatest loss early on, with no significant results by those on a low-carbohydrate versus a low-fat diet at the end of the year. Whether following Atkins or a similar plan, remember that low-carbohydrate diets generally last for a short period of time. When used for extreme obesity, they should be monitored by a physician or registered dietician. Medical supervision is key so dehydration levels and ketosis can be kept under control. Low-Carbohydrate diets are usually recommended for up to three or four weeks because longer durations may cause serious side effects.

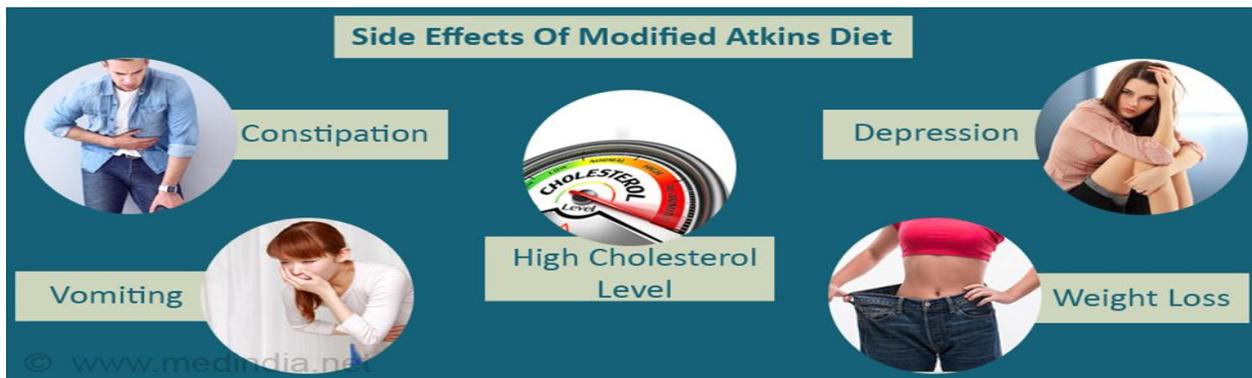
III. PROS AND CONS

The Atkins Corporation promotes a whole range of products that are complementary to the plan but in no way integral to following the diet successfully. The Atkins Diet causes rapid initial weight loss and may be effective for jumpstarting any weight-loss regimen. Short-term research studies tracking the progress of individuals on the diet have reported high levels of

satiety, a temporary improvement in lipid levels or glucose stability in the bloodstream, some loss of body fat, and the sparing of body protein. There are as yet no findings available beyond one year. Long-term data is difficult to obtain, and information on the extended consequences of the diet is not known because subjects find it challenging to remain on this type of diet for extended lengths of time.

Before beginning the Atkins Plan, it is important to consider the following possible consequences:

- Dehydration: if prolonged, a considerable loss of water is not beneficial to the body.
- Loss of calcium: if prolonged, bones become brittle, which could help to accelerate osteoporosis.
- Kidney problems: these organs may become stressed in trying to eliminate ketones from the body's system.
- Blood ketones levels: their presence results in the overproduction of uric acid, a risk factor in gout (painful swelling of the joints) and kidney stones.
- Digestive problems: a dietary lack of fiber obtained from foods such as whole grains, vegetables, and food may disrupt regulation of the digestive system and indirectly cause constipation, diverticulosis, and other intestinal problems.
- Changes in blood lipids: the data indicate short-term improvement in low density lipoproteins (LDL), cholesterol, and triglycerides but nothing is known about the long-term effects.
- Limited food choice: dietary boredom could cause the weight lost to pile back on once the diet is stopped.
- Feeling of deprivation: many people find it almost impossible to reduce let alone give up rice, bread, cereals, pasta, fruits, and sweets.



IV. SAMPLE MENU

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Zucchini, red bell pepper, and apricot juice, backed eggs and coffee or tea	Cherry and apple juice, began and asparagus	Mixed vegetable juice, egg or bacon, cheese, coffee or tea	Tomato, carrot, and red bell pepper juice, ham, tomato, sautéed mushroom, tea/coffee	Tomato and spinach juice, smoked salmon omlette, coffee or tea	Cucumber, celery and apple juice, tomato and eggs on corn tortilla, coffee or tea	Carrot juice, scrambled eggs with tea or coffee
Snack	Spinach dip with vegetables	Vegetable wraps	Broccoli and cauliflower with cream cheese	Celery, peanut butter	Mozzarella, tomatoes	Celery and tomato salsa, cheese sticks	Carrot broccoli and cauliflower, cheese dip
Lunch	Roasted Mediterranean vegetables and fish	Pork and peach salad, stir-fried eggplant, tofu	Roast beef, green beans, carrots, green salad	Veal cutlet, Greek salad, boiled butternut squash, green beans	Grilled vegetables and ricotta steak, lettuce wedges	Mixed vegetables pesto, tuna Caesar salad with nuts	Beef and corn soup, mixed nuts
Snack	Smoked salmon	omlette	Cheese snack	Cottage cheese, peaches	Corn tortilla, cheese	Herbed olive, white beans with dip	Chicken lollipops
Dinner	Grilled pork chops, baby beet salad, lettuce wedges	Grilled turkey kabobs and grapefruit salad	Fried fish, squash, zucchini and red bell pepper	Grilled grouper, bacon and asparagus frittata, green salad	Sweet and sour broiled chicken, mixed vegetable salad	Rosemary lamb roast, roasted butternut squash, bacon	Brussels sprout, creamed spinach

V. STAGES OF ATKINS DIET:

There are four stages to the Atkins diet. You can begin at any of the first three phases, depending on your weight loss objectives.

First phase: induction. You eliminate practically all carbs from your diet during this tight period. Only 20 grams of net carbohydrates, mostly from vegetables, are consumed daily.

Most nutrition standards advise consuming approximately 50% of your daily calories from carbs, yet you only receive about 10%. Asparagus, broccoli, celery, cucumber, green beans, and peppers are examples of "foundation" vegetables that should make up 12 to 15 grams of your daily net carbohydrates.

You consume protein at every meal during this period, including fish and shellfish, poultry, pork, eggs, and cheese. Oils and fats don't need to be restricted. However, you cannot have alcohol, most fruits, sweet

baked products, breads, pastas, cereals, or nuts. You consume eight glasses or more of water each day. Depending on your rate of weight reduction, you remain in this phase for at least two weeks.

Second Phase: balancing. You continue to consume basic veggies that have a minimum of 12 to 15 grams of net carbohydrates during this phase. Additionally, you continue to stay away from sugar-added foods. As you continue to lose weight, you can gradually reintroduce some high-nutrient carbohydrates, such as additional veggies, berries, nuts, and seeds. Up until you are around 10 pounds (4.5 kilograms) from your target weight, you remain in this phase.

Pre-maintenance is Phase Three: You gradually broaden the variety of things you may eat during this period, including fruits, starchy vegetables, and whole grains. You may increase your weekly carbohydrate intake by roughly 10 grams. However, if your weight reduction stops, you must make changes. Until you attain your target weight, you remain in this phase.

Forth Phase: Lifelong upkeep. As soon as you attain your desired weight, you enter this phase. Then you continue eating this way for the rest of your life.

We concur with the fundamental tenet of the Atkins Diet—that eating a lot of sugar and processed carbs causes weight gain and eventually leads to obesity—but not with its more severe implementation. One of the main reasons why dieters who have attempted unsuccessfully to lose weight on low-fat, low-calorie diets find the Atkins Diet to be so alluring is because they are allowed to consume as many calories from protein and fat as they choose as long as their carbohydrate intake is regulated. Because of this, many Atkins dieters do not experience the hunger and suffering associated with other weight-loss plans. We disagree, nevertheless, that such a deficient diet is beneficial to long-term health. Additionally, it is not a sustainable eating strategy to fail to distinguish between good and harmful high-protein, high-fat meals. This probably contributes to explaining the little advantages discovered, as explained here.

Even though the Atkins program was extremely well-liked, it wasn't until 2003 that it was properly examined in a scientific investigation. In this original study, those who followed the Atkins Diet did lose weight at first, but it was likely due to water loss rather than actual fat loss. However, over the long term, they gained that weight back plus more. 63 obese men and women participated in the trial, and they were

randomly allocated to either the Atkins Diet or a low-calorie, high-carb, low-fat diet. Minimal professional interaction was made in order to mimic the typical dieter's strategy. Although participants on the Atkins Diet had lost more weight at six months than participants in the normal diet, the difference after twelve months was not statistically significant. Both groups had low adherence and significant attrition rates.

According to research from 2001, 2014, and numerous clinical trials, eating a more healthful diet, is associated with equal efficacy over the long term and is significantly more health-promoting than strictly following the Atkins Diet, which drastically reduces carbohydrate intake while allowing free access to high-fat and high-protein foods. The low-carb diet was linked to a larger improvement in some risk variables in some but not all studies, although this effect was not sustained.

Robert Coleman Atkins started looking for a diet with a limited amount of carbohydrates after taking a look in the mirror and seeing he had three chins. The former doctor and his wife, Veronica, amassed an estimated \$100 million (£60 million) fortune at the time of his death as a result of their desire for more moulded facial features.

While Dr. Atkins' popularity dwindled in the 1980s, the 1990s saw a resurgence of it because to the diet's celebrity endorsements and the 1992 release of Dr. Atkins' New Diet Revolution.

Five years later, he and his wife a former opera singer whom he had met at a party and wed in 1987 co-wrote the wildly popular Dr. Atkins' Quick and Easy New Diet Cookbook.

Dr. Robert C. Atkins Foundation, which the couple established in 1999, gave Harvard University \$285,000 in 2001 to begin a comparative study on the low-carb ketogenic diet and low-fat regimens. Despite his fame and wealth, Dr. Atkins fought hard for the scientific recognition that eluded him.

Atkins Nutritionals is a rapidly expanding company that caters to millions of dieters who follow a controlled-carbohydrate lifestyle, including convenience meals, vitamins, baked goods, snacks, and even diet-focused ocean cruises. The majority of Dr. Atkins' legacy is given to the Atkins Foundation.

A revised edition of Dr. Atkins' additional Diet Revolution, with seven additional chapters and studies in favour of limited carbohydrate diet, was published

in 2001. The 1997 edition spent five years in the top 10 books on the New York Times bestseller list. His 13 books, the most well-known of which, Dr. Atkins' Diet Revolution, has sold 10 million copies and is one of the top 50 best-selling books of all time, have generated the majority of his income.

VI. EXPERT OPINION

You may access recipes, advice, a progress tracker, and the Atkins forums through your online dashboard after registering a free account and selecting your plan depending on your weight-loss objectives. You have the option of making your own food based on the nutritional recommendations or using the recipes as a reference.

Atkins food items are offered online and at several local retailers, including Walmart, Target, Publix, Amazon, and many more, if you want more structure and convenience. To help you remain on track, you may use these prepared foods as snacks or to replace meals.

"A low-carb diet is defined as a diet in which one consumes less than 130 grams of total carbohydrates (or less than 26% of total daily calories) per day," says Raman Ashta, M.D., a family medicine and obesity medicine doctor at Nasa Primary Care in Melbourne, Florida.

Dr. Ashta points out that while limiting daily carbohydrate intake to 100 to 130 grams is not overly restrictive for the majority of people, "the key is to eat healthy whole carbohydrates like whole grains, whole fruit, legumes, vegetables, and nuts—and avoid processed carbs like sweets, soda, fruit juices, added sugar, pasta, and bread."

According to Valerie Goldstein, a registered dietitian and founder of Fuel Health, a virtual program for employee wellness and nutrition education, who was also a former supervisor of education and research at The Atkins Centre For Complementary Medicine and Atherosclerosis Research Foundation, "Research has supported the efficacy of low-carb diets for general health and chronic medical conditions such as heart disease, diabetes, polycystic ovarian syndrome (PCOS), gut and mental health issues, cancer, and much more According to Goldstein, the Atkins diet may be quite beneficial for promoting weight reduction and enhancing general health if it is used as intended.

The National Library of Medicine warns that a low-carb diet, such as the Atkins diet, may not be the best choice for everyone, particularly if you have cardiovascular and cholesterol issues, even though Goldstein and Dr. Ashta concur that it can be secure and less limiting than other weight loss diets. The National Library of Medicine also issues a warning against low-carb diets, saying that "the quality of food matters," adding that it is possible for a low-carb diet to be detrimental if the chosen foods include too much unhealthy fat and do not deliver the necessary nutrients.

A licensed nutritionist or your doctor should always be consulted before beginning any new diet in order to ensure that your personal health history and expectations are in accordance with those of the diet.

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