

# Atkins Diet 2018: The Ultimate Complete Carb Counter and Net Carb Counter

The Atkins Diet has been around for decades, but it continues to gain popularity as an effective way to lose weight and improve overall health. As we enter 2018, it's important to understand the principles behind the Atkins Diet and how it can be used as a powerful tool for achieving your weight loss goals.

## The Atkins Diet: A Brief Overview

The Atkins Diet, created by Dr. Robert C. Atkins in the early 1970s, is a low-carbohydrate eating plan that emphasizes high protein intake and limits the consumption of carbohydrates. The diet is divided into four phases, with each phase gradually reintroducing carbohydrates as the body adjusts to the changes in metabolism. The goal of the diet is to switch the body from burning glucose for energy to burning stored fat, leading to weight loss and improved energy levels.

## The Role of Carbohydrate Counting

One of the key principles of the Atkins Diet is counting carbohydrates. By keeping track of the number of carbs consumed, you can ensure that you stay within the recommended limits for each phase of the diet. This is where a comprehensive carb counter comes in handy.




## Atkins Diet 2018 The Ultimate Complete Carb Counter & Net Carb Counter For The Atkins Diet & Keto Weight Loss Diet by Arnold Yates (Kindle Edition)

★★★★☆ 4 out of 5

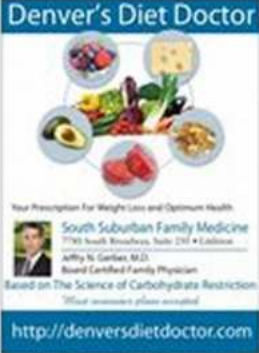
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**Carb Counter**



**Denver's Diet Doctor**  
 Your Prescription For Weight Loss and Optimum Health  
 South Suburban Family Medicine  
 7700 South Broadway, Suite 210 • Littleton  
 Abby St. Gerdes, M.D.  
 Board Certified Family Physician  
 Based on The Science of Carbohydrate Restriction  
 \*Your physician's advice is essential.  
<http://denversdietdoctor.com>

Alcohol							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
12 fl oz	Beer	13.2	0.7	12.5	0	11	146
1 fl oz	Bourbon, 80 proof	0	0	0	0	0	64
1 oz-wt	Brandy, 86 proof	0	0	0	0	0	71
1 oz-wt	Brandy, 86 proof	0	0	0	0	0	71
1 oz-wt	Gin, 80 proof	0	0	0	0	0	65
4 fl oz	Medium white wine	0.9	0	0.9	0	0.1	80
4 fl oz	Red wine	2	0	2	0	0.2	85
1 oz-wt	Rum, 80 proof	0	0	0	0	0	65
1 oz-wt	Tequila, 80 proof	0	0	0	0	0	65
1 oz-wt	Triple Sec liqueur, 1 shot	12.5	0	12.5	0.1	0	100
1 oz-wt	Vodka, 80 proof	0	0	0	0	0	65
1 oz-wt	Whiskey, 80 proof	0	0	0	0	0	65

Baking Products							
Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
2 tbs	All purpose white flour	11.9	0.4	11.5	0.2	1.6	57
1 oz-wt	Baking chocolate, unsweetened	8	4.4	3.7	15.7	2.9	148
0.5 tsp	Baking powder	0.6	0	0.6	0	0	1
0.5 tsp	Baking soda	0	0	0	0	0	0
2 tbs	Chocolate chips, semisweet	13.3	1.2	12	6.3	0.9	101
0.5 tsp	Cinnamon	0.9	0.6	0.3	0	0	3
0.5 tsp	Cocoa powder, unsweetened	0.5	0.3	0.2	0.1	0.2	3
2 tbs	Coconut milk, canned	0.8	0.3	0.5	6	0.6	56
2 tbs	Coconut, dried, unsweetened	2.4	1.6	0.8	6.3	0.7	64
2 tbs	Cornmeal	13.4	1.3	12.1	0.3	1.5	63
1 each	Gelatin, unsweetened	0	0	0	0	6	23
1 tsp	Ghee	0	0	0	4.2	0	37
1 tsp	Margarine	0	0	0	3.8	0	34
1 tbs	Molasses	12.5	0	12.5	0	0	48
1 tsp	Sugar, brown	4.5	0	4.5	0	0	17
1 tsp	Sugar, white	4.2	0	4.2	0	0	16

The Atkins Diet 2018 offers the ultimate complete carb counter and net carb counter, providing detailed information on the carb content of various foods. This comprehensive resource allows you to make informed decisions about what you eat, helping you stay on track with your weight loss journey.

## **The Net Carb Concept**

One of the unique aspects of the Atkins Diet is its focus on net carbs. Net carbs are calculated by subtracting the grams of fiber from the total grams of carbohydrates in a food item. By focusing on net carbs instead of total carbs, the Atkins Diet allows for the inclusion of fiber-rich foods that have a lower impact on blood sugar levels. This innovative approach to counting carbs gives you more flexibility in your food choices while still promoting weight loss.

## **Using the Carb Counter**

The Atkins Diet 2018 carb counter provides an extensive list of common foods, including their carb content and net carb count. You can use this resource to plan your meals, ensuring that you stay within the recommended carbohydrate limits for each phase of the diet. From fruits and vegetables to protein sources and packaged foods, the carb counter covers a wide range of options, making it easy for you to make smart dietary choices.

## **Benefits of the Atkins Diet**

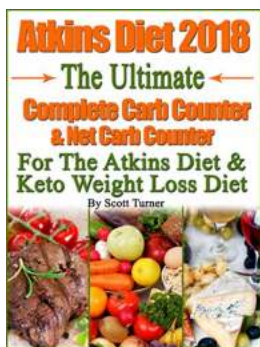
Besides weight loss, the Atkins Diet offers several other benefits. By limiting your carbohydrate intake and increasing your protein consumption, you can experience stabilized blood sugar levels, reduced cravings, increased satiety, and improved mental focus. Additionally, the Atkins Diet has been shown to improve heart health, lower triglyceride levels, and increase levels of HDL (good) cholesterol.

## Getting Started with the Atkins Diet 2018

Starting the Atkins Diet can be both exciting and challenging. With the help of the comprehensive carb counter, you'll have the tools you need to make informed decisions about your food choices. It's important to consult with a healthcare professional or a registered dietitian before starting any new diet plan. They can provide personalized guidance based on your specific needs and health status.

The Atkins Diet 2018 offers a comprehensive carb counter and net carb counter that can be a game-changer for those looking to lose weight and improve their overall health. By understanding the principles behind the Atkins Diet and utilizing the carb counter, you can make informed decisions and stay on track with your weight loss goals.

So, if you're ready to embark on a new journey towards a healthier you in 2018, the Atkins Diet may be the ultimate solution you've been searching for!



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If you're Living The Low Carb Lifestyle, Atkins Diet 2018 The Ultimate Complete Carb Counter & Net Carb Counter For The Atkins Diet & Keto Weight Loss Diet is an essential tool that is easy and super simple to use! Foods are categorized and hyperlinked to take you to the food category of your choice. Your Kindle makes it even easier to find the foods you are looking for with their search feature. Simply type in the food you are looking for and your incredible Kindle will find it for you! If you are looking for zero and low carb foods, type in "Zero," "Less Than One Net Carb" or "1 Carb" to find those foods. Enjoy!

You will find the carb and net carb counts in the following categories:

[Beans/Legumes Carb Counts & Net Carb Counts](#)

[Beef Carb Counts & Net Carb Counts](#)

[Breads Carb Counts & Net Carb Counts](#)

[Cereals & Grains Carb Counts & Net Carb Counts](#)

[Condiments Carb Counts & Net Carb Counts](#)

[Dairy Carb Counts & Net Carb Counts](#)

[Drinks Carb Counts & Net Carb Counts](#)

[Eggs Carb Counts & Net Carb Counts](#)

[Fats And Oils Carb Counts & Net Carb Counts](#)

[Fish Carb Counts & Net Carb Counts](#)

[Fruits Carb Counts & Net Carb Counts](#)

Herbs & Spices Carb Counts & Net Carb Counts

Lamb Carb Counts & Net Carb Counts

Nut Butters Carb Counts & Net Carb Counts

Nuts And Seeds Carb Counts & Net Carb Counts

Pasta And Noodles Carb Counts & Net Carb Counts

Pork Carb Counts & Net Carb Counts

Poultry Carb Counts & Net Carb Counts

Salad Dressings Carb Counts & Net Carb Counts

Sausages And Hot Dogs Carb Counts & Net Carb Counts

Seafood And Shellfish Carb Counts & Net Carb Counts

Soups Carb Counts & Net Carb Counts

Soy Foods Carb Counts & Net Carb Counts

Sugars, Jellies, Jams And Syrups Carb Counts & Net Carb Counts

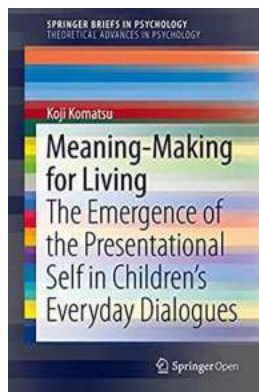
Vegetables Carb Counts & Net Carb Counts



Heartwarming:  
How Our Inner  
Thermostat  
Made Us  
Human

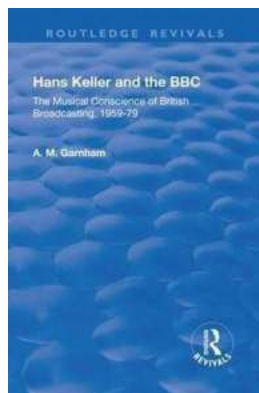
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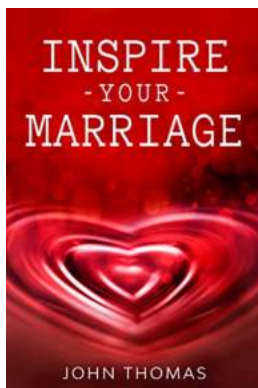
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AMANDA CROWELL, PhD

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