

Controlled Carbohydrate Nutrition

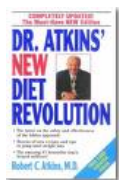
The Most Important Books

Education is the key to having all the tools you need to make that lifestyle change successful and permanent rather than another on-again-off-again diet failure.

There is no Internet site that can provide all you need to know to follow the Atkins Lifestyle. So before you begin do your homework. Read the book from cover to cover. Although the program is easy to follow there is a learning curve as you move through the phases.

One of the advantages of the Atkins Lifestyle is its ability to be individualized *just for you*. You will want to understand what to look for as you add foods back to be sure that you are maintaining a stable blood sugar/ insulin, controlling hunger and feeling great. If symptoms return or you need to troubleshoot an issue, the books address what you need to know. Return to them often as you proceed.

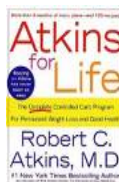
Take advantage of Internet low carb blogs for support. Having a buddy system is crucial. Just keep in mind that the Internet does not always provide correct information. Refer back to the books for answers. Dr. Atkins has decades of experience in those phases.



Dr. Atkins' New Diet Revolution is the primer. It reviews why controlling carbs is so important. It will teach you how to prepare to begin Induction, what to expect, what you can and cannot eat and how and when to move through the phases.

Can be purchased at:

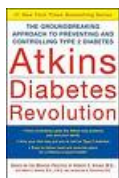
[Barnes & Noble](#)



Atkins for Life is helpful when you are within 10 or so pounds of your goal. It is full of info about making low carb a permanent and healthy lifestyle.

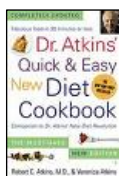
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Atkins Diabetes Revolution can help you understand how diabetes develops, the early signs of blood sugar/insulin imbalances and how and why it is important for people of all ages to prevent type 2 diabetes. Because people who have the metabolic syndrome, prediabetes and even type 2 diabetes need to use the program somewhat differently than those who simply need to lose weight, this book helps you to understand the specifics. It devotes an entire chapter to Your Personal Exercise Program including tips on walking, chair exercises, weight training and stretching. Additionally, there are two chapters with important information on children's weight issues and type 2 diabetes.

Can be purchased at: [Barnes & Noble](#)



Dr. Atkins' Quick & Easy New Diet Cookbook written by Dr. Robert Atkins and his wife, Veronica. A master gourmet cook, Veronica designed these recipes and made them at home for Dr. Atkins who loved to eat fresh, wholesome food.

Can be purchased at: [Barnes & Noble](#)

Other Titles from Atkins

The Atkins Shopping Guide
Dr. Atkins' New Carbohydrate Gram Counter
Dr. Atkins' Vita-Nutrient Solution: Nature's Answer to Drugs
Dr. Atkins' Quick & Easy New Diet Cookbook
Dr. Atkins' Nutrition Breakthrough
Dr. Atkins' Nutrition Superenergy Diet Cookbook
Dr. Atkins' Diet Revolution

The Atkins Essentials
Dr. Atkins' Age-Defying Diet
Dr. Atkins' Health Revolution
Dr. Atkins' New Diet Cookbook
Dr. Atkins' Superenergy Diet
Dr. Atkins' Diet Cookbook