ADAPTING ATKINS FOR ANY EATING PERSONALITY

STEP 1: GET TO KNOW YOUR PATIENT

Start the conversation with the right questions to better understand your patient's eating style and barriers to behavior change.

WHEN MAKING HEALTHY EATING CHANGES...

How important is meal and snack variety throughout the week?

A **NOT IMPORTANT.** I'm a creature of habit, and I typically eat the same foods throughout the week.

B **SOMEWHAT IMPORTANT.** I rely on a rotation of some go-to foods, but I also need variety to keep things interesting.

C **VERY IMPORTANT.** I'm not a fan of leftovers or repeat meals, I'll get bored quickly.

How much time do you spend on meal planning and prep?

A **NOT MUCH TIME.** I like to keep my eating as streamlined as possible, so I don't have to spend much time thinking about my meal plan or preparing my food.

B **A MODERATE AMOUNT OF TIME.** I enjoy cooking and thinking up new meal ideas – but not every day.

C **LOTS OF TIME.** Meal planning is fun for me, and I love spending time in the kitchen!

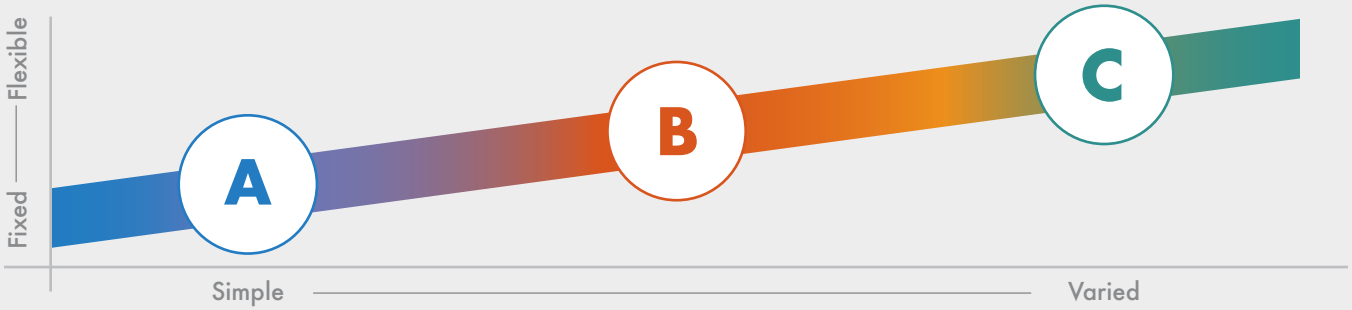
Do you value a more structured or more flexible approach?

A **MORE STRUCTURE.** I do best with clear-cut rules to help keep me on track.

B **A BALANCE OF BOTH.** I need plenty of structure to follow an eating plan, but I won't be able to stick with it if my choices are too limited.

C **MORE FLEXIBILITY.** I prefer more general guidelines that make room for lots of options.

STEP 2: DETERMINE THEIR EATING PERSONALITY



Streamlined and Structured Eater

Mostly As: Like to keep eating as simple and straightforward as possible.

Balance-Seeking Eater

Mostly Bs: Feel diet is important, but it's not where they want to focus most of their time and energy.

Adventurous and Autonomous Eater

Mostly Cs: Like to have fun and get creative with their food, from trying new restaurants to making new recipes.

STEP 3: MATCH THEM WITH THE BEST PLAN

Each plan starts with the same guidelines for daily protein and fat intake:

PROTEIN: 3 (4-6 OZ) SERVINGS/DAY | **ADDED HEALTHY FATS:** 3 SERVINGS/DAY

However, the plans offer different approaches to initial carbohydrate intake.

Streamlined and Structured Eater



20 Net Carbs/Day

12-15 Net Carbs from Vegetables
5-8 Net Carbs from Other Sources

Balance-Seeking Eater



40 Net Carbs/Day

12-15 Net Carbs from Vegetables
~25 Net Carbs from Other Sources

Adventurous and Autonomous Eater



100 Net Carbs/Day

12-15 Net Carbs from Vegetables
~85 Net Carbs from Other Sources

ATKINS

Healthy living is an ongoing process, not a destination.

That's why the Atkins Nutritional Approach offers a flexible and phased approach. To learn more about how each plan progresses and determine the best fit for your patient, vist: www.atkins.com/how-it-works/compare-plans