

# YES! YOU CAN RECOMMEND A LOW-CARB LIFESTYLE ON THE DASH DIET

**THE ATKINS NUTRITIONAL APPROACH®** is driven by science and designed for life. Backed by decades of independent, peer-reviewed research and Scientific Advisory Board oversight, it's been shown to promote effective weight loss and healthy weight maintenance, improve glycemic control and support overall good health.

It's also intended as a long-term lifestyle, which means flexibility is essential. With 100 grams of net carbs (total carbs minus fiber) each day, the Just the Right Amount of Atkins diet plan can flex to fit almost any patient's food preferences or healthy eating pattern, including the National Heart, Lung and Blood Institute's Dietary Approaches to Stop Hypertension – the DASH diet. Research shows a reduced-carb, higher-fat approach to the DASH diet not only helps lower blood pressure to the same extent as the original diet, but also lowers plasma triglycerides and VLDL levels without significantly raising LDL cholesterol.[1]

## WHY IT WORKS!



**Emphasizes a variety of heart-healthy protein sources, including:**

- Eggs
- Fish and seafood
- Lean meat and pork
- Low-fat dairy
- Poultry
- Soy/Tofu




**Encourages consumption of fiber-rich fruits and vegetables throughout the day, including those high in potassium, which may aid in blood pressure control. High-potassium produce options include:**

- Apriocots
- Bananas
- Cauliflower
- Greens
- Mushrooms
- Tomatoes



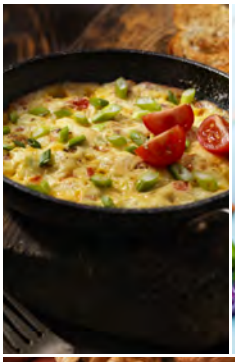
**Empowers patients to choose foods that are lower in sodium* and higher in other heart-healthy minerals, like calcium and magnesium:**

- Lean meat and fish
- Legumes
- Low-fat dairy
- Nuts
- Seeds
- Whole grains

Share this sample meal plan **(see reverse side)** for inspiration and encourage patients to start making more carb-smart choices.

# SAMPLE MENU: A SNAPSHOT OF A CARB-CONSCIOUS, DASH MEAL PLAN

*This sample meal plan demonstrates how doable and delicious a low-carb, DASH lifestyle can be.*




## SKILLET VEGETABLE EGG SCRAMBLE AND BERRY BANANA SMOOTHIE

BREAKFAST: **28.0 g NET CARBS**

Kickstart your morning with filling fiber and protein in addition to heart-healthy potassium with this breakfast packed with fruits and veggies.

- 1 large egg
- 1 cup vegetables, diced (bell pepper, mushrooms, zucchini, etc.)
- 1 scallion, thinly sliced (use both green and white parts)
- 1 tsp garlic, chopped

BERRY BANANA SMOOTHIE:
- 1/4 cup mixed berries
- 1/2 medium banana
- 1/4 cup orange juice (fresh, no sugar added)
- 1/4 cup ice

COFFEE:
- 8 oz coffee
- 2 Tbsp whole milk



## MIXED NUTS

SNACK: **10.0 g NET CARBS**

Stay fueled throughout the morning with satisfying and magnesium-rich mixed nuts.

- 1/4 cup mixed nuts, unsalted



## FLANK STEAK AND CHIMICHURRI ROASTED VEGETABLE BOWL:

LUNCH: **27.0 g NET CARBS**

This bowl is brimming with colorful roasted vegetables high in fiber to keep you full through the afternoon. Top with an herb and spice-filled tangy chimichurri sauce for additional flavor.

- 4 oz flank steak, grilled
- 1/2 cup cauliflower florets, roasted
- 1/4 cup broccoli florets, roasted
- 1/4 cup bell pepper, diced
- 1/4 cup zucchini, diced
- 1/2 cup quinoa
- 2 Tbsp red onion, chopped
- 1 Tbsp sour cream

CHIMICHURRI SAUCE:
- 2 Tbsp cilantro, chopped
- 2 tsp parsley, chopped
- 1 Tbsp shallot, chopped
- 1 garlic clove, chopped
- 2 Tbsp olive oil
- 2 Tbsp red wine vinegar
- 1 tsp oregano
- 1 tsp red pepper flakes
- 1/2 tsp salt

ICED TEA:
- 8 oz unsweetened iced tea with lemon



## APPLE AND PEANUT BUTTER

SNACK: **10.0 g NET CARBS**

Dip apple slices into creamy peanut butter for a sweet and savory plant-based protein and fiber-full snack.

- 1/2 small apple, sliced
- 1 Tbsp peanut butter



## SHEET PAN CHICKEN AND CHERRY TOMATOES

DINNER: **25.0 g NET CARBS**

Slow-roasted cherry tomatoes create a sweet and flavorful sauce when mixed with balsamic vinegar. Spoon them over this dinner of chicken, kale and brown rice for maximum flavor and nutrition.

- 6 oz chicken breast
- 1 cup cherry tomatoes
- 1 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 1/3 cup brown rice, cooked
- 1 cup fresh kale, massaged with 1 Tbsp olive oil and 1 Tbsp lemon juice

WATER:
- 8 oz plain water or non-calorie sparkling water

## TOTAL NUTRITION:

TOTAL: **100 g NET CARBS**

Fat: 127 g
Monounsaturated Fats: 72 g
Polyunsaturated Fats: 23 g
Saturated Fats: 24 g

Protein: 118 g
Fiber: 23 g*
Sodium: 1,227 milligrams*
Potassium: 3,689 milligrams*

Total calories: 2,061

*Within recommended range of daily intake values

**Footnote:** [1]Chiu S, Bergeron N, Williams PT, Bray GA, Sutherland B, Krauss RM. Comparison of the DASH (Dietary Approaches to Stop Hypertension) diet and a higher-fat DASH diet on blood pressure and lipids and lipoproteins: a randomized controlled trial. Am J Clin Nutr. 2016;103(2):341-347. doi:10.3945/ajcn.115.123281

*Some patients may require slightly more sodium than the traditional DASH diet due to the diuretic effect of a low-carbohydrate eating pattern. Including good sources of potassium can help off-set this potential issue.