

Original Atkins... 1972 Bantam Version

NOTE This is from the book, Bantam edition / September 1972 paperback...

Not sixty grams of carbohydrate on this diet but zero grams

Here's how this diet is significantly different. During the first week on this diet, you cut your intake of carbohydrates down to what is biologically zero.

This creates a unique chemical situation in the body, the one favorable to the fastest possible burning of your body's stored fat. Ketones are excreted, and hunger disappears.

You see, the first fuel your body burns for energy comes from the carbohydrates you eat and drink. If any carbohydrate is available, your body burns this rather than stored fat-and maintains its old metabolic pathways. But carbohydrates, as such, are not stored in the body beyond forty-eight hours.

So when no carbohydrate is taken in, your body must draw upon the major reserve source of fuel-the stored fat.

It is forced to take a different metabolic pathway. In this process your body converts from being a carbohydrate-burning engine.

This is The Diet Revolution: the new chemical situation in which ketones are being thrown off-and so are those unwanted pounds, all without hunger.

A gradual addition of carbohydrate to keep your body burning it's fat as fuel. We must maintain this chemical situation if you're to continue to lose without hunger.

And if we add carbohydrate very gradually in tiny amounts-we can do just this... keep your body converted into a fat-burning engine.

So that is just what we do. The second week you might add a few grams of carbohydrate to your diet. Every week thereafter a little more carbohydrate (around five grams) may be returned to the diet.

The Rules of Original Atkins

The Diet Revolution Rules (Level One)

- 1. Don't count calories**
- 2. Eat as much of the allowed foods as you need to avoid hunger.**
- 3. Don't eat when you are not hungry.**
- 4. Don't feel you must finish everything on your plate just because it is there.**
- 5. Drink as much water or calorie free beverages as thirst requires. Don't restrict fluids... but it is not necessary to force them either.**
- 6. Frequent small meals are preferable.**
- 7. If weakness results from rapid weight loss, you may need salt.**
- 8. Everyday take a high-strength multivitamin pill.**
- 9. Read the labels on "low-calorie" drinks, syrups, desserts,. Only those with no carbohydrate content are allowed.**

The First Life-Changing Week, eat nothing that is not on the list.

Meat: Steaks, Corned beef, Lamb chops, tongue, Hamburgers, Bacon, Any kind of meat in any quantity—*except meat with fillers such as sausage, hot dogs, meatballs, most packaged "cold cuts"*

Fowl: Duckling, Turkey, Chicken, Anything with wings, *No stuffing*

Desserts: Gelatin with artificial sweeteners (e.g., D-Zerta [is that still around?])

Condiments: Salt, pepper, mustard, horseradish, vinegar, vanilla, and other extracts; artificial sweeteners; any dry powdered spice that *contains no sugar*

Drinks: Water, Mineral water, Vichy, Club soda; Beef or Chicken broth, bouillon;

Sugar free diet soda; coffee*, tea, decaffeinated coffee

-----*Special note on caffeine and Diet Cola. Because most heavy people have some hypoglycemia, coffee, tea and diet colas, which contain caffeine, should be limited to six servings a day (cups). If you know you have low blood sugar, better limit it to three.

Fish: All fish, including canned salmon, tuna; any kind of seafood, including oil-packed and smoked, *except oysters, clams, muscles, scallops, and pickled fish*

Eggs: Boiled, fried, scrambled, poached, omelet – any style and without limitations

Salads: Two small green salads a day (each less than one cupful, loosely packed) made only of leafy greens, celery, or cucumbers and radishes. Dressings with vinegar, oil, salt, dry spices, herbs, grated cheese, or anchovies. Or else a sour pickle in place of a salad. Plus... green olives.

Butter & Mayonnaise Fats: Butter, margarine (head New Diet Revolution & eat no margarine with trans fatty acids), oils, shortening (not such a great idea), lard & mayonnaise (fats have no carbohydrates).

Juice: Juice of one lemon or lime

Cheese: Four ounces a day of any hard aged cheese. No cream cheese or cheese spreads.

Heavy Cream: Four teaspoons a day. (Cream has less carbohydrate than milk – so don't use milk)

Diet Revolution Salad Material: Celery, Chicory, Chinese Cabbage, Chives, Cucumber, Endive, Escarole, Fennel, lettuce, Olives (Green or Black), Onions, Pickles (Sour or Dill), Parsley, Peppers, Radishes, Scallions, watercress.

What Happens After The First Week's Diet. Most diets are fixed formulas and are therefore short-termed and self-limiting. This diet is fixed only for a week. After that – because it must be a lifetime diet, it is, as variable as are individual tastes.

I've labeled the additions of carbohydrate that follow 'second level', 'third level', 'fourth level', 'fifth level', but in fact the additions are interchangeable and flexible.

You can make any of these additions any week that you choose. I am so committed to making this a livable lifetime diet that I am letting you select your own variations, within the rules set up by your biological rulebook.

Put back what you've missed the most: The idea is simply to gradually return to your diet first what you missed most. Custom-tailor the diet to suit your carbohydrate additions to suit your lifestyle. All that matters is that you add back to your diet a little carbohydrate at a time, and that you stop adding carbohydrate when you reach your CCL.

How to know when to put back a little carbohydrate: Ask yourself: Are the keto-stix still turning purple? Am I still un-hungry? Have I stopped eating at night? Do I have more energy? Am I still losing weight or inches nicely? Remember, your tape measure is a lot better friend than your scale, not only more accurate, but better able to report on the actual fat (not just temporary water) losses this diet achieves.

The Second Level: Cheesecake for dessert? At each level, remember you add approximately five to eight grams of carbohydrate daily for a week and analyze the results. Most people agree the best way to handle the second level is to add cottage cheese...

The Diet Revolution Vegetables (not for level one): All of the above plus; Asparagus, Avocado, Bamboo Shoots, Bean Sprouts, Beet Greens, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chard, Chinese Cabbage, eggplant, Kale, Kohlrabi, Mushrooms, Okra, Onions, Peppers, Pumpkins, Rhubarb, Sauerkraut, Snow Pea Pods, Spinach, String Beans, Summer Squash, Tomatoes, Turnips, Water Chestnuts, Wax Beans, Zucchini Squash

Sample menu, level one:

Breakfast: Scrambled eggs with spicy ham, Diet revolution roll and butter, Bouillon, coffee, or tea

Lunch: Cold cuts sandwich on Diet revolution Roll w/ mayo or mustard, 1 cup of salad (loosely packed), oil & vinegar, or a dressing from the recipe list, Raspberry gelatin, Diet soda, coffee, or tea

Dinner: Chicken soup with Matzoh Balls, Your favorite cut of steak, Caesar salad with Caesar Salad dressing, Gelatin, diet soda, coffee or tea

Snack: baken-ets, stuffed celery, diet soda.

Sample menu, level two:

Breakfast: Lox and stuffed onion omelet, caraway Diet revolution Roll with cream cheese, Bouillon, coffee, or tea

Lunch: Avocado stuffed with crabmeat, Tossed green salad with dressing from recipe list, diet soda, coffee, or tea

Dinner: Mixed grill with garlic Butter Sauce or Béarnaise Sauce, Tossed salad with French Dressing, Gelatin Parfait with whipped cream, diet soda, coffee, or tea

Snack: Assorted smoked fish, Hard cheese, Diet soda

Ok, there it is 'By The Book', but I am wondering if there was an earlier version? Interesting the difference between this one and the new one. I will post some recipes later in this thread 😊


Last edited by adnil53 : Fri, May-16-03 at 19:51.

CARB COUNTER BETA

www.carb-counter.net/fruit/1061

Carb Counter.net

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3 Harmful Foods To Avoid  3 Harmful Foods NUCIFIC

Carb Counter → Fruit → Blueberries

Number of displayed food(s) - 4

Serving Size	Carbohydrates	Calories	Calories from Carbohydrates	Percent of Calories from Carbohydrates
Blueberries, canned, heavy syrup, solids and liquids				
100g	22.06 g	88.00	81.84	93.0%
1 cup	56.47 g	225.28	209.51	93.0%
Blueberries, frozen, sweetened				
100g	21.74 g	81.00	78.26	96.6%
1 cup, thawed	50.01 g	186.30	179.99	96.6%
1 package (10 oz)	61.75 g	230.04	222.25	96.6%
Blueberries, frozen, unsweetened				
100g	12.17 g	51.00	37.88	74.3%
1 cup, unthawed	18.86 g	79.05	58.71	74.3%
1 package (20 oz)	69.00 g	289.17	214.78	74.3%
Blueberries, raw				
50 berries	9.85 g	38.76	32.88	84.8%
100g	14.49 g	57.00	48.36	84.8%
1 cup	21.01 g	82.65	70.12	84.8%
1 pint as purchased, yields	58.25 g	229.14	194.41	84.8%

Blueberries 1 cup = 58.25 g

1 Rule of a flat belly:

Cut down a bit of your belly every day by using this 1 weird old tip.



Carb Counter → Nuts and Seeds → Cashews

Number of displayed food(s) - 5

Serving Size	Carbohydrates	Calories	Calories from Carbohydrates	Percent of Calories from Carbohydrates
Nuts, cashew nuts, dry roasted, with salt added				
1 oz	8.91 g	162.73	32.36	19.9%
100g	31.42 g	574.00	114.16	19.9%
1 cup, halves and whole	43.05 g	786.38	156.39	19.9%
Nuts, cashew nuts, dry roasted, without salt added				
1 tbsp	2.70 g	49.36	9.82	19.9%
1 oz	8.91 g	162.73	32.36	19.9%
100g	31.42 g	574.00	114.16	19.9%
1 cup, halves and whole	43.05 g	786.38	156.39	19.9%
Nuts, cashew nuts, oil roasted, with salt added				
1 oz (18 kernels)	8.21 g	164.71	29.26	17.8%
100g	28.98 g	581.00	103.22	17.8%
1 cup, halves and pieces	37.38 g	749.49	133.16	17.8%
1 cup, whole	37.38 g	749.49	133.16	17.8%
Nuts, cashew nuts, oil roasted, without salt added				
1 oz (18 kernels)	8.14 g	164.43	28.95	17.6%
100g	28.70 g	580.00	102.13	17.6%
1 cup, halves and pieces	37.03 g	748.20	131.75	17.6%
1 cup, whole	37.03 g	748.20	131.75	17.6%
Nuts, cashew nuts, raw				
1 oz	7.37 g	160.46	25.90	16.1%
100g	26.01 g	566.00	91.37	16.1%

Nuts Cashews 1 cup whole 37.03 g

Number of displayed food(s) - 7

Serving Size	Carbohydrates	Calories	Calories from Carbohydrates	Percent of Calories from Carbohydrates
Nuts, almonds				
1 almond	0.24 g	6.94	0.38	5.5%
1 oz (23 whole kernels)	5.60 g	163.86	9.00	5.5%
1 cup, sliced	18.16 g	531.76	29.22	5.5%
1 cup, ground	18.75 g	549.10	30.17	5.5%
100g	19.74 g	578.00	31.76	5.5%
1 cup, slivered	21.32 g	624.24	34.30	5.5%
1 cup, whole	28.23 g	826.54	45.42	5.5%
Nuts, almonds, blanched				
1 tbsp	1.81 g	52.87	3.47	6.6%
1 oz	5.65 g	164.71	10.81	6.6%
100g	19.92 g	581.00	38.13	6.6%
1 cup whole kernels	28.89 g	842.45	55.28	6.6%
Nuts, almonds, dry roasted, with salt added				
1 oz (22 whole kernels)	5.47 g	169.25	8.49	5.0%
100g	19.29 g	597.00	29.96	5.0%
1 cup whole kernels	26.62 g	823.86	41.34	5.0%
Nuts, almonds, dry roasted, without salt added				
1 oz (22 whole kernels)	5.47 g	169.25	8.49	5.0%
100g	19.29 g	597.00	29.96	5.0%
1 cup whole kernels	26.62 g	823.86	41.34	5.0%
Nuts, almonds, honey roasted, unblanched				
1 oz	7.91 g	168.40	16.10	9.6%
100g	27.90 g	594.00	56.80	9.6%
1 cup whole kernels	40.18 g	855.36	81.79	9.6%
Nuts, almonds, oil roasted, with salt added				
1 oz (22 whole kernels)	4.99 g	172.08	8.10	4.7%
100g	17.59 g	607.00	28.57	4.7%
1 cup whole kernels	27.61 g	952.99	44.86	4.7%
Nuts, almonds, oil roasted, without salt added				
1 oz (22 whole kernels)	4.99 g	172.08	8.10	4.7%
100g	17.59 g	607.00	28.57	4.7%
1 cup whole kernels	27.61 g	952.99	44.86	4.7%

Nuts Almonds 1 cup whole kernels 27.61 g

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Number of displayed food(s) - 2

Serving Size	Carbohydrates	Calories	Calories from Carbohydrates	Percent of Calories from Carbohydrates
Peanuts, all types, dry-roasted, with salt				
1 peanut	0.21 g	5.85	0.53	9.1%
1 oz	5.99 g	165.85	15.05	9.1%
100g	21.12 g	585.00	53.07	9.1%
Peanuts, all types, dry-roasted, without salt				
1 peanut	0.21 g	5.85	0.53	9.1%
1 oz	5.99 g	165.85	15.05	9.1%
100g	21.12 g	585.00	53.07	9.1%
1 cup	30.84 g	854.10	77.48	9.1%

Nuts Almonds 1 cup 30.64 g

Nuts Peanuts 1 cup 30.84 g

Carb Counter.net

Carb Counter Home	Search	Webmasters	
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NEVER Do This Exercise
[Here's why >>](#)



[Carb Counter](#) → [Fruit](#) → [Raisins](#)

Number of displayed food(s) - 3

Serving Size	Carbohydrates	Calories	Calories from Carbohydrates	Percent of Calories from Carbohydrates
Raisins, golden seedless				
100g	75.10 g	302.00	285.28	94.5%
1 cup (not packed)	108.89 g	437.90	413.66	94.5%
1 cup, packed	123.91 g	498.30	470.72	94.5%
Raisins, seeded				
100g	77.01 g	296.00	281.34	95.0%
1 cup (not packed)	111.66 g	429.20	407.94	95.0%
1 cup, packed	127.06 g	488.40	464.21	95.0%
Raisins, seedless				
1 miniature box (.5 oz)	10.41 g	41.86	39.70	94.8%
50 raisins	19.34 g	77.74	73.73	94.8%
1 small box (1.5 oz)	31.98 g	128.57	121.94	94.8%
100g	74.37 g	299.00	283.58	94.8%
1 cup (not packed)	107.84 g	433.55	411.19	94.8%
1 cup, packed	122.71 g	493.35	467.90	94.8%

Raisins 1 cup 107.84 g

5 Foods To Never Eat :

If you never eat these 5 foods, you can lose your belly, hips and thighs.

Never eat



Trimdownclub

Carb Counter > Vegetables > Sweetpotato - Cooked Sweetpotato

Number of displayed food(s) - 7

Serving Size	Carbohydrates	Calories	Calories from Carbohydrates	Percent of Calories from Carbohydrates
Sweetpotato leaves, cooked, steamed, with salt				
1 cup	4.68 g	21.76	13.88	63.8%
100g	7.32 g	34.00	21.68	63.8%
Sweetpotato leaves, cooked, steamed, without salt				
1 cup	4.68 g	21.76	13.88	63.8%
100g	7.32 g	34.00	21.68	63.8%
Sweetpotato, cooked, baked in skin, with salt				
0.5 cup, mashed	20.71 g	90.00	69.64	77.4%
100g	20.71 g	90.00	69.64	77.4%
1 medium (2" dia, 5" long, raw)	23.61 g	102.60	79.39	77.4%
Sweetpotato, cooked, baked in skin, without salt				
1 small	12.43 g	54.00	41.78	77.4%
100g	20.71 g	90.00	69.64	77.4%
1 medium (2" dia, 5" long, raw)	23.61 g	102.60	79.39	77.4%
1 large	37.28 g	162.00	125.35	77.4%
1 cup	41.42 g	180.00	139.28	77.4%
Sweetpotato, cooked, boiled, without skin				
100g	17.72 g	76.00	60.88	80.1%
1 medium	26.76 g	114.76	91.93	80.1%
1 cup, mashed	58.12 g	249.28	199.69	80.1%
Sweetpotato, cooked, boiled, without skin, with salt				
100g	17.72 g	76.00	60.88	80.1%
1 medium	26.76 g	114.76	91.93	80.1%
1 cup, mashed	58.12 g	249.28	199.69	80.1%
Sweetpotato, cooked, candied, home-prepared				
100g	27.86 g	137.00	101.84	74.3%
1 piece (2-1/2" x 2" dia)	29.25 g	143.85	106.93	74.3%

Sweet Potatoes 1 cup mashed 58.12 g



[Carb Counter](#) → [Milk, Cheese, Yogurt and Dairy Products](#) → [Cream - Whipping Cream](#)

Number of displayed food(s) - 2

Serving Size	Carbohydrates	Calories	Calories from Carbohydrates	Percent of Calories from Carbohydrates
Cream, fluid, heavy whipping				
1 tbsp	0.41 g	51.75	1.64	3.2%
1 fl oz	0.81 g	102.81	3.26	3.2%
100g	2.73 g	345.00	10.93	3.2%
1 cup, whipped	3.28 g	414.00	13.11	3.2%
1 cup, fluid (yields 2 cups whipped)	6.50 g	821.10	26.01	3.2%
Cream, fluid, light whipping				
1 tbsp	0.43 g	43.80	1.74	4.0%
100g	2.89 g	292.00	11.57	4.0%
1 cup, whipped	3.47 g	350.40	13.89	4.0%
1 cup, fluid (yields 2 cups whipped)	6.92 g	697.88	27.66	4.0%

Cream Heavy Whipping 1 cup liquid 6.92 g

Gist Support Website link

<http://www.gistsupport.org/ask-the-professional/pet-imaging-for-gist.php>

http://gistsupport.medshelf.org/GIST_drugs_vs_Traditonal_Chemo_drugs

<http://gistsupport.medshelf.org/Sutent>

<http://www.sutent.com/>

<http://www.sutent.com/stages-of-gist>

Cancer Loves Sugar 60 Minutes report 2012

<https://www.youtube.com/watch?v=sJGS3jdjJGE>