

The Veronica Atkins Foundation

When Is It Time to Move Beyond Induction?

Most people begin the Atkins Lifestyle on the Induction phase. There are times when Dr. Atkins initiated the program on a higher phase or even for some select people on phase 4 –Lifetime Maintenance. One of the benefits of Atkins is its ability to be individualized to meet each person's needs. Remember that the underlying purpose of controlling carbs at the right level is to correct *your* metabolism.

For most of you begin at the Induction level of about 20 grams of Net Carbs* daily. This is the fastest way to stabilize insulin and blood sugar levels, mobilize fat and decrease excessive hunger and cravings. In addition to correcting your metabolism, losing weight and feeling more comfortable in your clothes you will create motivation to carry you forward. By beginning on the lowest level of carb intake it is psychologically more beneficial to add more carbs after 2 weeks than to cut back.

* Net carbs are the carbs in a whole food that have an impact on blood sugar, represented by subtracting the fiber grams in the food from the total grams of carbohydrates.

If you have a lot of weight to lose or you have a medical condition that is made worse by poor diet or excess weight staying on Induction beyond 2 weeks is very helpful. This is explained in more detail in chapters 10 and 11 in *Atkins Diabetes Revolution*.

If your metabolism is made worse by medications, your insulin levels are high or you have other reasons causing difficulty losing weight, you may stay on Induction longer to give yourself time to make more progress.

For many of you 2 weeks is enough time to get a good start on correcting imbalances in insulin and blood sugar so move on to the next phase.

Under no circumstances should you stay on Induction until you reach your goal weight. You need to move through the phases in order to find your Lifetime Maintenance level and have time to instill new, healthy habits. Many people make this mistake and then have difficulty finding their proper level of carb intake to maintain their goal.

When it is time, move on by adding foods from the carbohydrate ladder.

CARBOHYDRATE LADDER

1. More salad and other vegetables on the acceptable foods list
2. Fresh cheeses (as well as aged cheese)
3. Seeds and nuts
4. Berries
5. Legumes
6. Fruits other than berries
7. Starchy vegetables
8. Whole grains

It is also time to move to On-going Weight Loss (OWL) after 2 weeks if you are bored with food choices. Move to the next phase. Your weight loss may slow a bit but it is better than giving up on what can be a successful program.

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