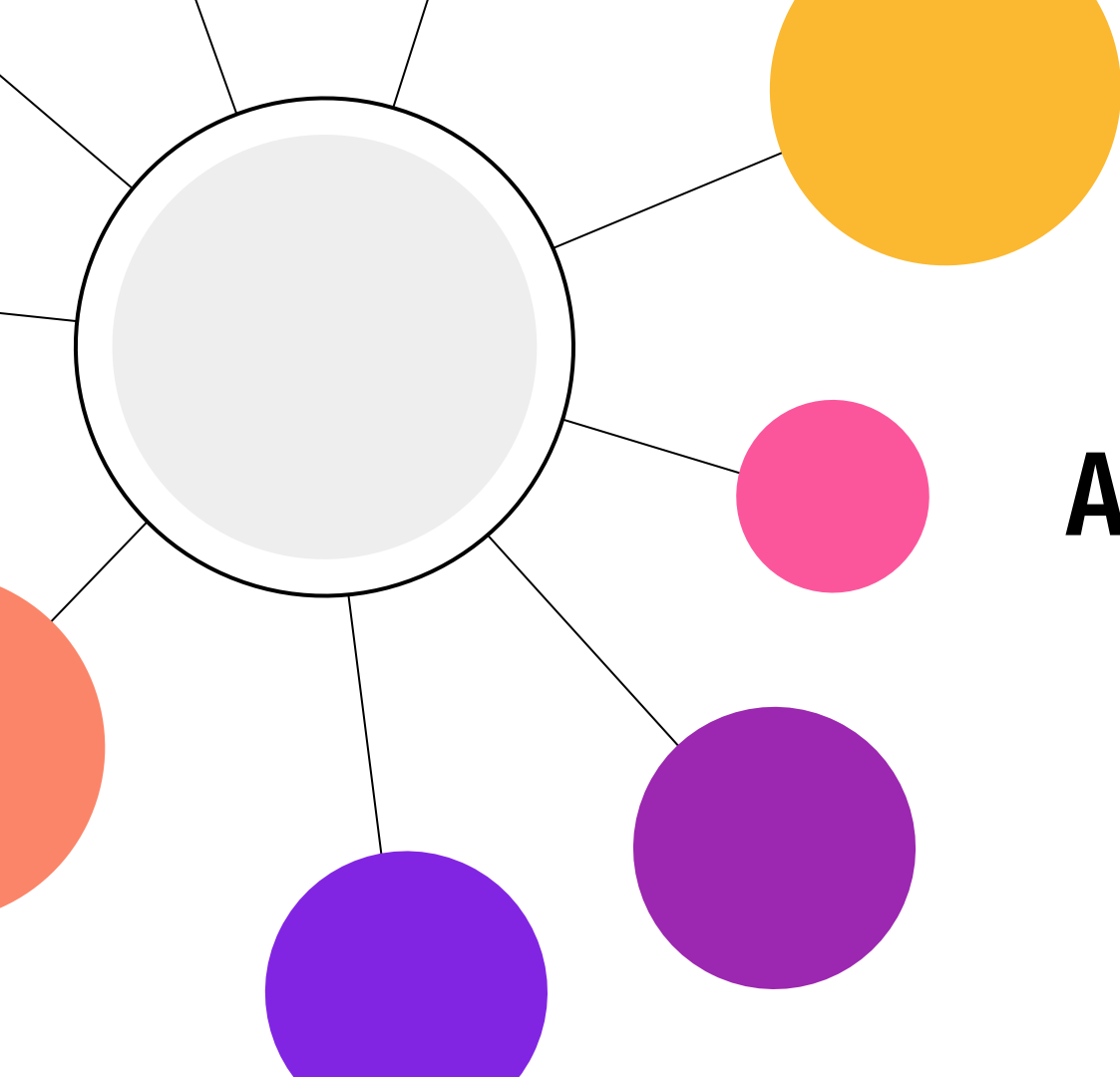




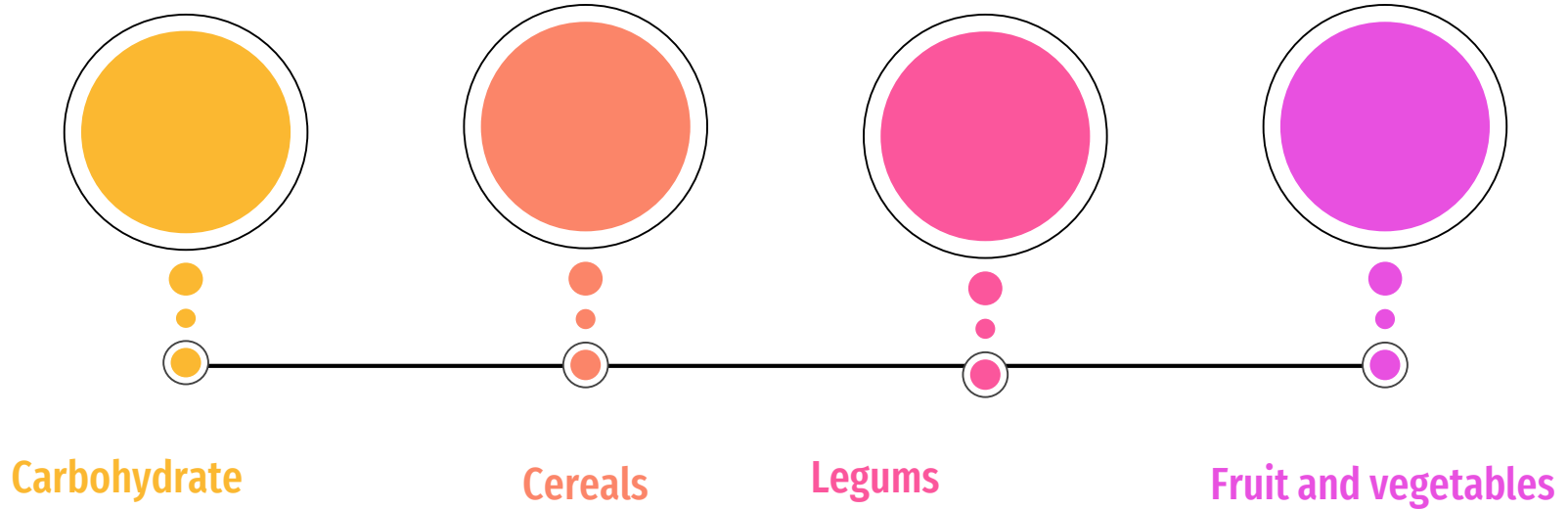
Atkins diet

What is the Atkin diet?

It is one of the most famous, but that does not mean that it is recommended. Followed by celebrities like Kim Kardashian, the Atkins diet is based on reducing carbohydrate intake to a minimum. Instead you can eat as many proteins and fats as you want, that is, meat, eggs, fish, cheese, butter or oil.

Why is it dangerous? You can lose weight with the Atkins diet, but in exchange for putting our health at risk. Eating fat increases cholesterol, and excess protein can be harmful to the kidneys and liver. In addition, our body will lack vitamins and minerals.

The Atkins diet doesn't have these nutrients

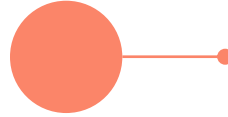


The Atkins diet doesn't have these ingredients

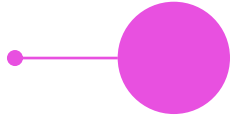
Sugar



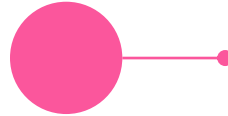
Milk



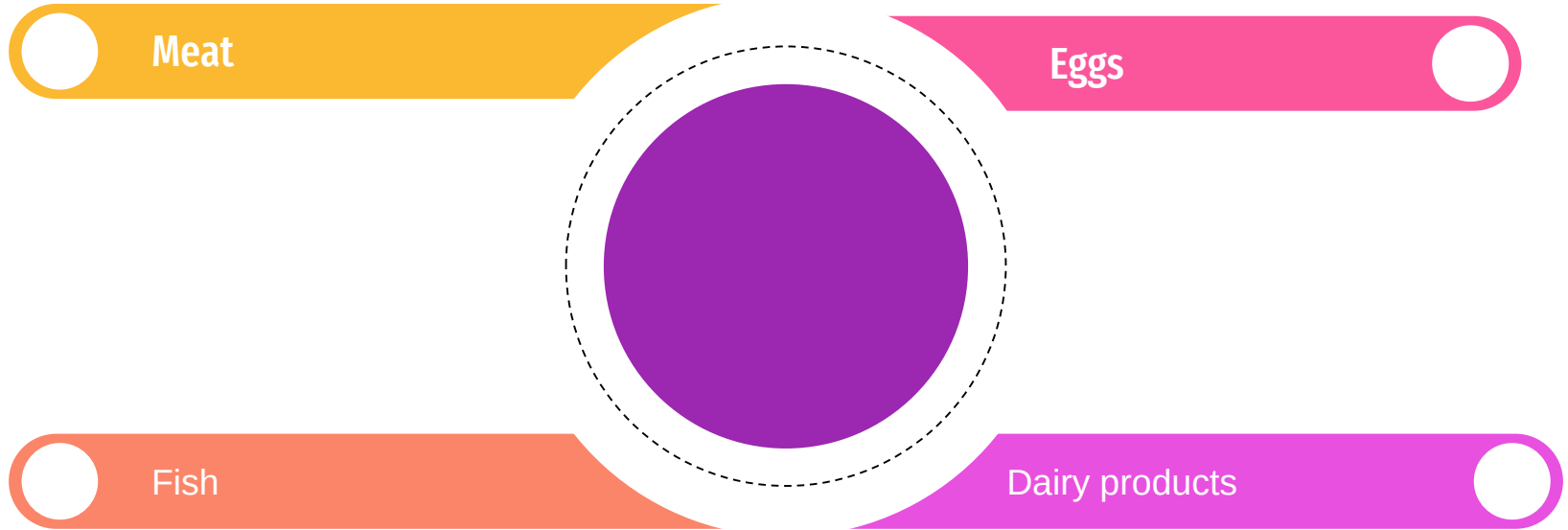
Starch



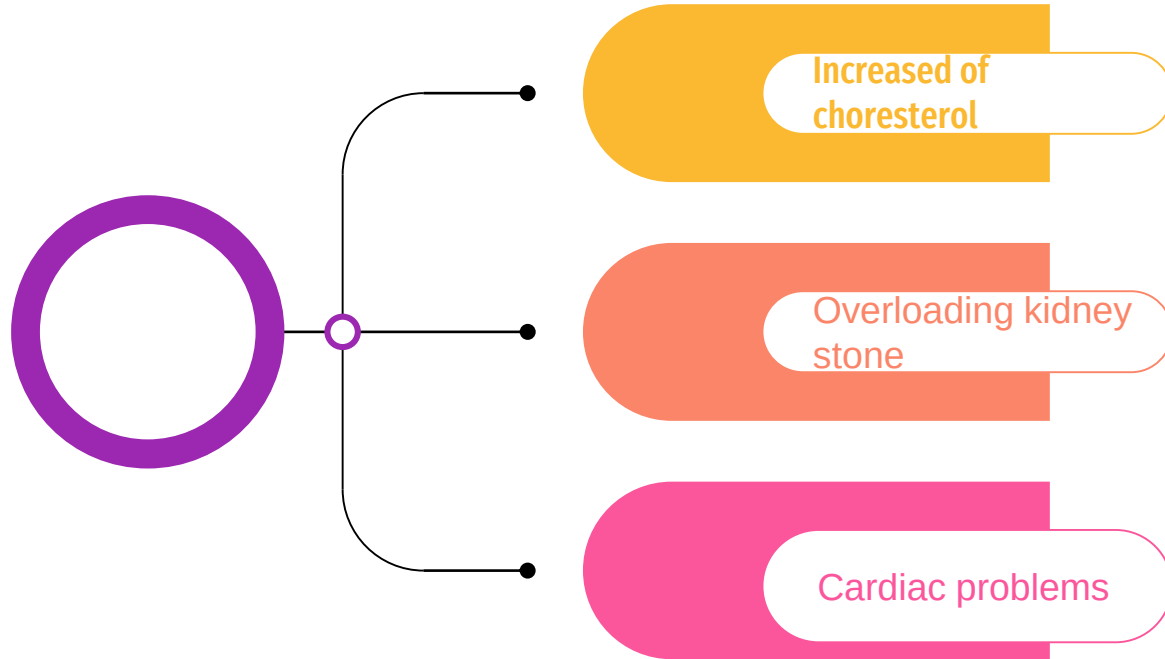
Glucose



Atkins diet food



Atkins diet problems



In conclusion

The Atkins diet is one more type of miracle diet that can have short-term effects but is not beneficial for your long-term health. Don't be fooled, adopting good eating habits without lists of prohibited and allowed foods is the key to losing weight and staying healthy for the rest of your life.