A KETOGENIC DIET IS LOW IN CARBS AND HIGH IN FAT. BUT, ATKINS IS A BETTER KETOGENIC DIET.

THE GOAL OF A KETOGENIC DIET IS TO ACHIEVE KETOSIS

The “classic” ketogenic diet – or keto diet – was developed to treat epilepsy. Traditionally, it’s extremely strict and should be done only under medical supervision. 1

HOW IS ATKINS BETTER?

On Atkins you get more food choices and eat a greater balance of macronutrients.

Most people can CONSUME UP TO 50G TOTAL CARBS per day and stay in ketosis2

ATKINS 20® & ATKINS 40® CAN GET YOU THERE while eating a variety of satisfying foods

DIET BREAKDOWN

<table>
<thead>
<tr>
<th>Diet</th>
<th>% of calories from Fat</th>
<th>% of calories from Protein</th>
<th>% of calories from Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Classic” Ketogenic Diet</td>
<td>75-90%</td>
<td>5-20%</td>
<td>5%</td>
</tr>
<tr>
<td>Atkins 20</td>
<td>60-70%</td>
<td>20-30%</td>
<td>5-10%</td>
</tr>
<tr>
<td>Atkins 40</td>
<td>55-65%</td>
<td>20-30%</td>
<td>10-15%</td>
</tr>
</tbody>
</table>


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