



# ADAPTING ATKINS FOR ANY EATING PERSONALITY

## STEP 1: GET TO KNOW YOUR PATIENT

Start the conversation with the right questions to better understand your patient's eating style and barriers to behavior change.

WHEN MAKING HEALTHY EATING CHANGES...

### How important is meal and snack variety throughout the week?

- A NOT IMPORTANT.** I'm a creature of habit, and I typically eat the same foods throughout the week.
- B SOMEWHAT IMPORTANT.** I rely on a rotation of some go-to foods, but I also need variety to keep things interesting.
- C VERY IMPORTANT.** I'm not a fan of leftovers or repeat meals, I'll get bored quickly.

### How much time do you spend on meal planning and prep?

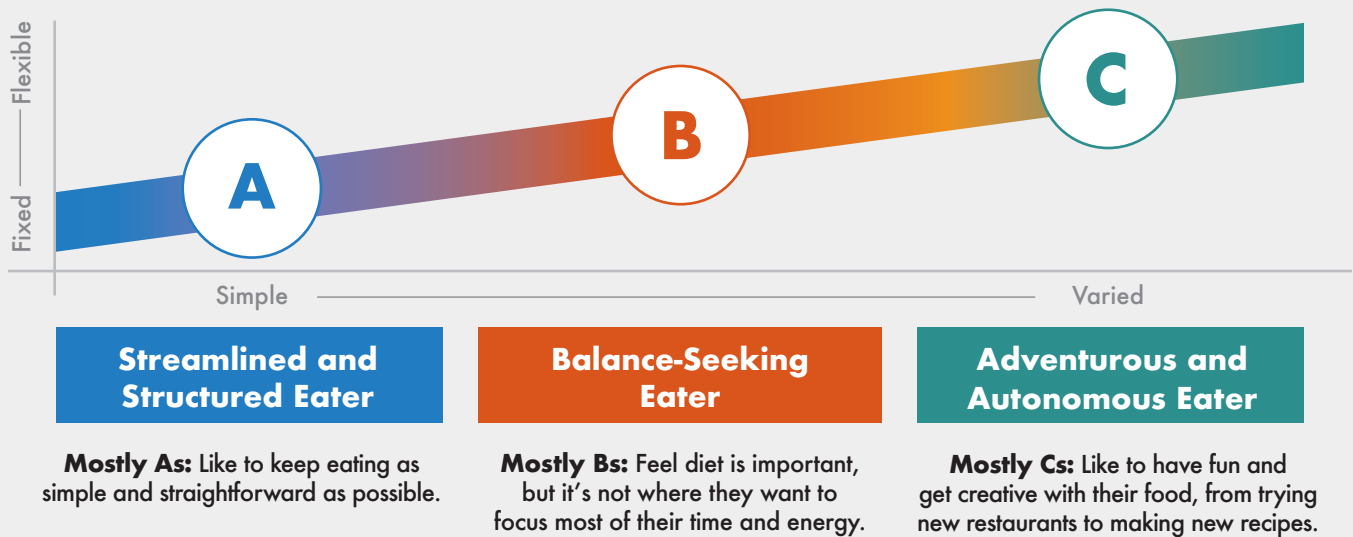
- A NOT MUCH TIME.** I like to keep my eating as streamlined as possible, so I don't have to spend much time thinking about my meal plan or preparing my food.
- B A MODERATE AMOUNT OF TIME.** I enjoy cooking and thinking up new meal ideas – but not every day.
- C LOTS OF TIME.** Meal planning is fun for me, and I love spending time in the kitchen!

### Do you value a more structured or more flexible approach?

- A MORE STRUCTURE.** I do best with clear-cut rules to help keep me on track.
- B A BALANCE OF BOTH.** I need plenty of structure to follow an eating plan, but I won't be able to stick with it if my choices are too limited.
- C MORE FLEXIBILITY.** I prefer more general guidelines that make room for lots of options.

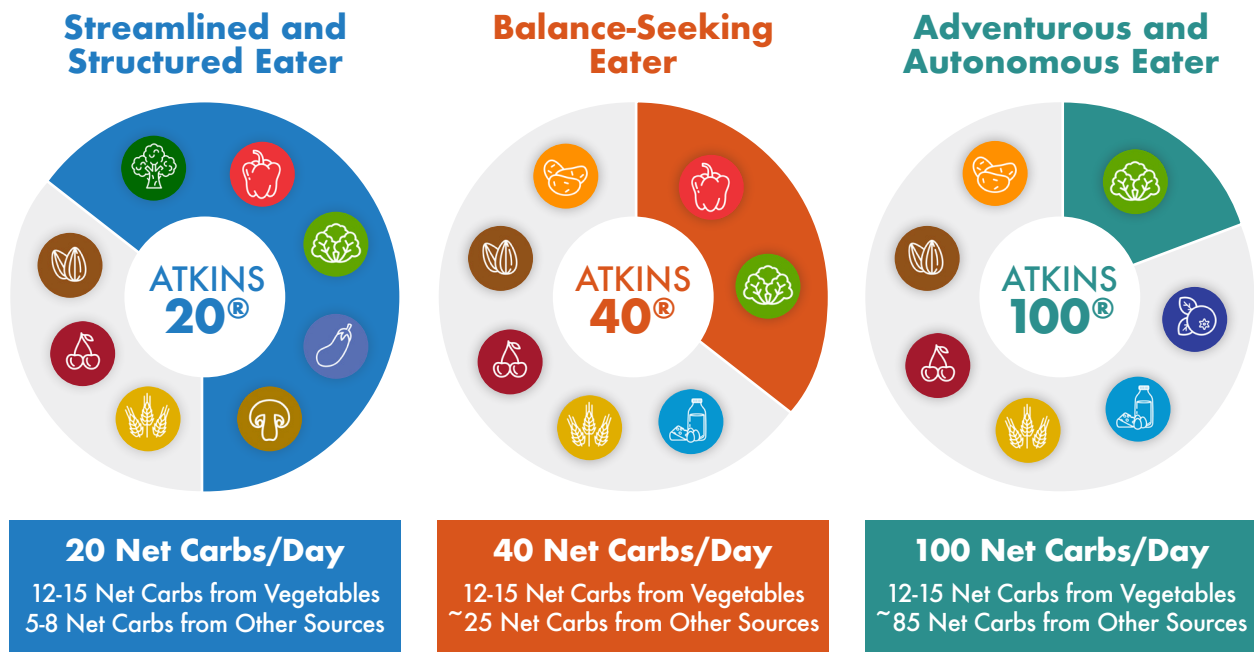


# STEP 2: DETERMINE THEIR EATING PERSONALITY



# STEP 3: MATCH THEM WITH THE BEST PLAN

Each plan starts with the same guidelines for daily protein and fat intake:  
**PROTEIN: 3 (4-6 OZ) SERVINGS/DAY | ADDED HEALTHY FATS: 3 SERVINGS/DAY**  
 However, the plans offer different approaches to initial carbohydrate intake.



**Healthy living is an ongoing process, not a destination.**

That's why the Atkins Nutritional Approach offers a flexible and phased approach. To learn more about how each plan progresses and determine the best fit for your patient, visit: [www.atkins.com/how-it-works/compare-plans](http://www.atkins.com/how-it-works/compare-plans)