



### Phase 3: Pre-Maintenance – Acceptable Foods List

You should be saying “Wow.” And if you’re not, we’ll say it for you. Wow, you’ve made it to Phase 3 and you know what that means – you’ve almost reached your goal. Now it’s time to slow your weight loss and find your ACE, Atkins Carbohydrate Equilibrium. And we have a great way to do it – more variety. Pair these foods, including some whole grains, with the Acceptable Foods lists from Phase 1 and 2 for your total variety eating plan.

In Pre-Maintenance, you add 10 daily Net Carbs per week – The Power of 10 makes it easy. These foods, in these portion sizes, all equal about 10 grams of Net Carbs – remember, total carbs minus fiber.

Have fun. We know you will.

#### The Power of 10

<b>Starchy Vegetables*</b>	<b>Serving Size</b>	<b>Net Carbs</b>
Acorn Squash	½ cup	10.0
Carrots	¾ cup	10.2
White Potatoes	½ cup	13.9
Yams	½ cooked	9.6
<b>Legumes*</b>	<b>Serving Size</b>	<b>Net Carbs</b>
Black Beans	½ cup	12.9
Chickpeas	½ cup	16.2
Great Northern Beans	½ cup	12.5
Kidney Beans	½ cup	11.6
Lentils	½ cup	12.1
Lima Beans	½ cup	14.2
Navy Beans	½ cup	18.1
Pinto Beans	½ cup	11.0
<b>Fruit</b>	<b>Serving Size</b>	<b>Net Carbs</b>
Apple	½ of whole	8.7
Banana	1 small	21.2
Cherries	¼ cup	4.2
Grapefruit	½ of whole	7.9
Grapes	¼ cup	7.1
Guava	1 medium	5.8
Kiwi	1	8.7
Mango	¼ cup	6.3
Peach	1 whole	8.9
Plum	1 whole	7.6
Watermelon	½ cup	5.2
<b>Grains*</b>	<b>Serving Size</b>	<b>Net Carbs</b>
Oatmeal	½ cup	10.6
Pasta (whole wheat)	¼ cup	8.3
Rice (brown)	¼ cup	10.3

\* All figures reflect if the vegetable, legume, or grain is cooked.