

## The Veggie "Rule"

If there is one thing that is misunderstood about Atkins, it is how many veggies are allowed, AND the IMPORTANT role that veggie intake plays in health and weight loss. It's not hard to be confused, it is not stated very clearly in the book at all.

But...

The rule is 20 NET carbs for induction, and 12-15 of those are to come from veggies. (After induction, the carbs added are also to be primarily from veggies).

To get 20 carbs from just romaine lettuce, you would need to eat 27 cups in a day. That's a tad more than 2 cups! But of course when he talks about salads, he's ASSUMING you're going to be adding some other higher carb veggies to that. If you don't, then you need to eat a lot more than a cup of other induction-allowed lowcarb veggies to make that 12-15 carbs.

I think it's really important to make sure you're getting enough carbs from veggies. That turned out to be one of the key reasons why I didn't lose well on lowcarb at first—not enough veggies.

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