



**KetoVie**<sup>TM</sup>

Everyday is Everything

# Ketogenic Diet Family Guide

# EVERYDAY IS EVERYTHING

Epilepsy stole your everyday. We're here to help you steal it back!



In this guide you will find practical information and resources to help guide you on your journey with ketogenic diet therapy. Ketogenic diet therapy is a medical treatment and should be used only under the medical supervision of an experienced ketogenic team. The diet must be tailored to the needs of each individual, this guide does not take the place of the instructions provided by the ketogenic team.

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## Introduction to the Ketogenic Diet

The ketogenic diet has been used as a treatment for epilepsy since 1921. Since that time, it has grown in use and new research suggests possible benefits in other disorders such as certain types of cancer and neurological conditions such as Alzheimer's disease and autism.<sup>1</sup>

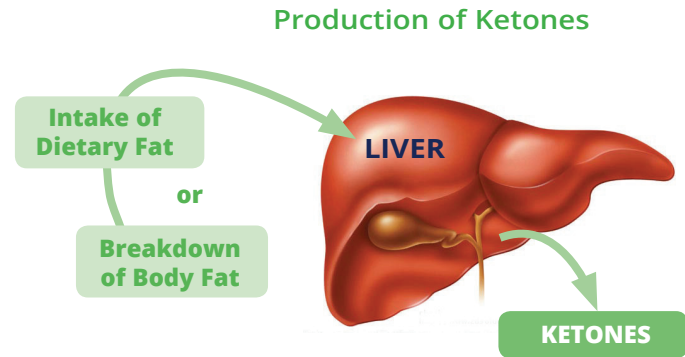
The ketogenic diet is a high fat, low carbohydrate and adequate protein diet which causes the body to use dietary fats as its main source of fuel. When the body breaks down fat for energy it makes ketones.

### Classical Ketogenic Diet

The classical ketogenic diet uses ratios to form the meal plan. The *ketogenic ratio* is the amount of fat grams to the amount of combined grams of net carbohydrate and protein. *Net carbohydrate* refers to total carbohydrate grams minus fibre grams. Ketogenic diets are typically prescribed using the following ratios:

Ketogenic Ratio	Diet Breakdown
2:1	2 grams fat to every 1 gram of combined net carbohydrate and protein
3:1	3 grams fat to every 1 gram of combined net carbohydrate and protein
4:1	4 grams fat to every 1 gram of combined net carbohydrate and protein

The diet may be taken by mouth or, if this is not possible tube feeding may be necessary. All foods must be carefully prepared and weighed using kitchen scales. Your Dietitian will advise when to take prescribed dietary supplements which are needed to meet daily nutritional needs.



## Preparation

### Pre-Diet Blood Tests

These are needed before starting the ketogenic diet to ensure the body is healthy and able to process a high fat diet. Additional tests related to the heart, kidney, bones and/or swallowing may be needed depending on past medical history.

### Medications

Typically medications are changed into a form lowest in carbohydrates. This is usually tablets or in some cases powder. Syrups and chewable medications often contain significant carbohydrate and should be avoided unless prescribed or approved by your ketogenic team. Your ketogenic team will recommend low carbohydrate over the counter medicines such as pain killers.

### Body/Hygiene Products

Many body care/ hygiene products can contain significant carbohydrates. These items may include toothpaste, lotions, sun screen, hand sanitizer, etc. Your ketogenic team may encourage you to switch to lower carbohydrate products

### Supplements

The ketogenic diet is low in almost all vitamins and minerals because of the small portion sizes. Supplements are an important part of ketogenic therapy, your Dietitian will advise which supplements to take.

### Kitchen and Home Equipment

For those consuming the ketogenic diet by mouth, you may find the following list of kitchen/home equipment and ingredients useful:

- ✔ Kitchen scale measuring to 0.1 Grams
- ✔ Small oven safe bowls or ramekins
- ✔ Hand mixer
- ✔ Small rubber spatulas
- ✔ Liquid measuring cup
- ✔ Blender
- ✔ Small plastic storage containers
- ✔ Small skillet
- ✔ Food processor
- ✔ Bathroom scale



## Preparation (continued)

### Prepare your Ketogenic Pantry

Below are examples of basic foods used for ketogenic therapy.

#### CARBOHYDRATES

Berries	Summer squash	Cucumber	Brussels sprouts
Leafy greens	Cabbage	Cauliflower	Onion
Broccoli	Tomato	Unsweetened applesauce	Okra
Green beans	Asparagus	Peppers	
Carrots	Mushroom	Aubergine	

#### PROTEINS

Eggs	Pork	Fish or shellfish	
Cheese (hard, aged)	Turkey	Beef	
Chicken	Lamb	Venison or game meat	

#### FATS

Double cream	Mayonnaise	Avocado	Chia seeds
Cooking oils	Coconut oil	Nuts	Flax seeds/meal
Butter	MCT oil	Nut butters	Ketogenic formula (e.g. KetoVie 4:1)

### Free Foods

“Free” foods are those that have little to no calories/carbohydrates and can be used without exact measuring.

- ✔ Sugar free flavouring extracts
- ✔ Allowed sweeteners (liquid saccharine, liquid sucralose, pure stevia)
- ✔ Non-stick cooking spray
- ✔ Tiny pinch of pure herbs or spices with no added sugar

## Getting Started:

### Your Ketogenic Diet Prescription

Before getting started with the ketogenic diet, a thorough assessment is usually required to determine nutritional status, appropriate calorie and protein goals and other diet considerations.

#### **Initiation... started gradually with careful monitoring...**

The ketogenic diet can be started over over a few days at home or in hospital with careful monitoring to check diet tolerance. The Diet will be introduced gradually with careful monitoring to watch for any side effects.



When you first begin a ketogenic diet, you may feel sick, tired, become constipated or have diarrhoea. These effects are temporary and should resolve over a couple of days. If symptoms do not improve, the diet may be adjusted for better tolerance.

Frequent blood and/or urine tests will be performed during the initiation process. Your clinic will provide education on the topics in the side bar on the right.

### Education

- ✓ *Meal or formula preparation*
- ✓ *How to count carbohydrates/food label reading*
- ✓ *Hidden sources of carbohydrates*
- ✓ *Signs and treatment of low blood sugar*
- ✓ *Signs and treatment of excess ketosis*
- ✓ *Sick day guidelines*
- ✓ *Required follow-up*



*Keto Chicken Nuggets*



*Beef Burger & Green Beans*



*Pig in a Blanket*

## Getting Started:

### Your Ketogenic Diet Prescription (continued)

#### Keto Friendly Meals, Snacks and Beverages

Meals, snacks and calorie-containing beverages must be calculated into your specific meal plan in order to meet your diet goals. Below are some examples of what ketogenic meals and snacks may look like. Because fats are high in calories, the portions will be small. Even though the portions are small, fats are very filling and most will feel full and satisfied after a ketogenic meal or snack.

#### MEALS

Scrambled eggs, berries, cream

Tuna salad, celery, mayo

Broccoli, cheddar, cream soup

Ground beef, cabbage, mayo

Omelette, cheese, vegetable

Fish, green beans, butter

Chicken, mashed cauliflower, oil

#### SNACKS

Nuts (macadamia, walnut, pecans)

Celery, cream cheese, butter

Popcorn, butter

Sugar-free jelly, double cream

Avocado

Berries, double cream

#### BEVERAGES

Water

Coffee\*

Calorie-free sports drink

Unsweetened almond milk

Tea\*

Calorie-free diet drink

Ketogenic formula

\*Consider decaffeinated options if caffeine sensitive.

## How to Use an Electronic Weighing Scale

If you will be using an electronic weighing scale to prepare foods, you will need a scale which measures to 0.1 grams. You can purchase a gram scale at a home goods store / supermarket / online. A good scale will cost around \$20-80.

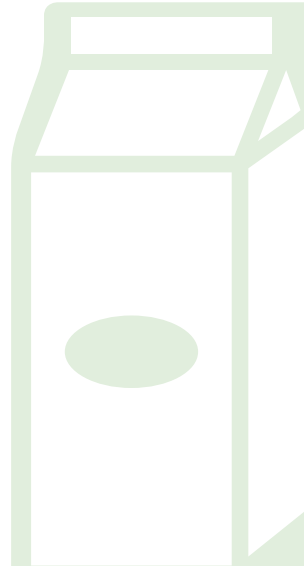
### TO USE

- 1 Press the "ON" button.
- 2 Ensure the mode is set to measure in grams (g).
- 3 Place an empty plate, bowl or container onto the scale, then press "ZERO" or "TARE".
- 4 Add food item to the plate, bowl or container until the scale reads the desired number of grams.
- 5 Weigh liquids in separate cups and then combine.

## Choosing a Double Cream

It is important to choose a brand or type of cream that you can purchase consistently, since this is often a staple when on a ketogenic diet.

Double cream is commonly found as 48% fat. Read the food label to determine the % fat in the cream.



Here is what to look for on the label:

### 48% Double Cream

Serving size: 30ml

Calories: 131

Total fat: 14g

Total carbohydrate: 0.8g

Protein: 0g



## Special Diet Considerations

### Vegetarian Diets

Following a vegetarian ketogenic diet is possible if you can find a suitable source of protein such as eggs, tofu, dairy foods and/or low carbohydrate protein powders. A strict vegan diet will not meet nutritional requirements long term and changes to this will need to be discussed with your Dietitian.

### Food Allergies/Intolerance

#### *Wheat/gluten:*

A ketogenic diet is usually wheat and gluten-free since foods high in carbohydrates such as bread, tortillas and pasta are not allowed. If you coeliac disease or an allergy to wheat, please read labels carefully to avoid even trace amounts of wheat or gluten.

#### *Milk or Casein:*

The classical ketogenic diet can be high in dairy foods, however, it is possible to make it milk free by avoiding cream, butter, yoghurt and your Dietitian will recommend suitable dairy free alternatives. If you have an allergy to milk, KetoVie 4:1 is not suitable for you.

#### *Soy:*

It is not difficult to avoid soy with careful label reading. Hidden names of soy ingredients include tempeh, textured vegetable protein, hydrolyzed vegetable protein, tofu, miso and lecithin. Studies show most allergic individuals can safely eat soy oil that has been highly refined.<sup>2</sup> KetoVie 4:1's only soy ingredient is sodium stearoyl lactylate which is sometimes made from soy oil.

#### *Peanuts or Tree Nuts:*

Those with peanut and tree nut allergies are encouraged to avoid all nuts due to potential cross reactions and contamination. Ketogenic therapy can be followed without using nuts, however, most flour replacements use tree nuts like almonds or macadamia nuts. KetoVie 4:1 does not contain nuts.

#### *Coconut:*

The seed of a fruit, has typically not been restricted in the diets of people with tree nut allergy. Medical literature documents a small number of allergic reactions to coconut; most occurred in people who were not allergic to other tree nuts. There is no evidence that coconut oil is allergenic.

### **Modified Texture**

Based on individual developmental stage and swallowing needs, a modified textured diet (example: chopped, pureed or liquid) may be needed.

Your Dietitian will advise if this is required.

### **Fluids**

Taking in an adequate amount of fluid is encouraged and should be spread evenly throughout the day.

Getting the right amount of fluid is especially important while following a ketogenic diet to help prevent dehydration which can lead to constipation, kidney stones and impact ketone levels.

Drinks containing caffeine may need to be avoided if there is a seizure disorder. Caffeine is a stimulant that can trigger seizures in sensitive individuals. Caffeine also has a diuretic effect, meaning it can cause you to have increased water loss.



## Formula Feeding - Tube and Oral

For tube fed or those requiring oral nutrition support, individuals prescribed a ketogenic diet, a ketogenic formula will be selected.

KetoVie 4:1 is a ketogenic formula that provides a complete source of nutrition and can be used for tube feeding or to drink by mouth. KetoVie 4:1 formulas contains 100% *whey protein* which is easy to break down and is well tolerated compared to other types of protein.

All KetoVie 4:1 contains *Medium Chain Triglycerides (MCTs)*. MCTs are a special type of fat that can help boost the body into a state of ketosis and help manage unwanted side effects such as constipation.



### Tube Feeding Initiation

Starting the ketogenic diet with a ketogenic formula is relatively simple. It is done gradually introducing the Ketogenic formula, this can take a few days or weeks and your Dietitian will provide a feeding plan.

### KetoVie Storage

KetoVie formulas can be stored at room temperature. Store your unopened cases in a cool, dry place inside your home. Once opened, it can be at room temperature up to 4 hours or stored in the fridge up to 24 hours. Do not microwave.

## Hidden Sources of Carbohydrates

It is important to be aware of all potential sources of carbohydrate, as they can often be hidden in foods and will limit the success of the diet. Carbohydrates can come not only from our food, but also in medications, supplements and body/hygiene products. To determine if an item contains carbohydrate, it can be useful to read the list of ingredients. Ingredients are listed in order from greatest to smallest amounts. Below is a list of common ingredients that are carbohydrates.

#### CARBOHYDRATE INGREDIENTS

Ascorbic acid	Dextrose	Glucose	Isomalt	Molasses	Sucrose
Corn starch	Dissaccharide	Glycerin	Lactose	Monosaccharide	Sugar cane
Corn sweetener	Flour	High fructose corn syrup	Maltodextrin	Polydextrose	Syrup
Corn syrup	Fructose	Hydrogenated starch	Mannitol	Polysaccharide	Xylitol
Corn syrup solids	Fruit extract	Invert syrup	Mannose	Sorbitol	
Dextrin	Galactose			Starch	

## Testing for Ketosis

There are a variety of ways to test for ketones with urine or blood ketone testing being the most common.

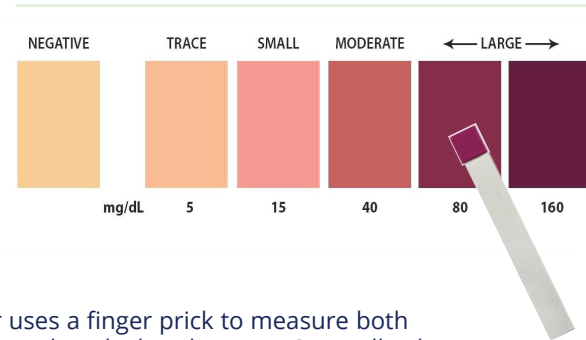
### Urine

Urine ketone testing uses a dipstick to test the urine for the presence of *acetoacetate*, a type of ketone body. Generally the goal is for moderate to large urine ketones, though this goal may be changed based on the desired outcome of the diet.

### Blood

Blood ketone testing is possible using a special monitor. This monitor uses a finger prick to measure both blood sugar and blood ketones. The blood ketone measured is known as *beta-hydroxybutyrate*. Generally, the goal for blood ketone monitoring is a level above 3.0 mmol/L, but this goal may be changed based on the desired outcome of the diet.

Ketones are checked multiple times per day when getting started on the diet until the goal level of ketosis is reached. Ketone testing can then be less frequent based on the guidance of your ketogenic team. Ketone testing should generally be done at the same time each day as levels can fluctuate throughout the day.



## Fine Tuning the Diet

After starting a ketogenic diet, “fine-tuning” of the diet must be done by your ketogenic Dietitian to improve effectiveness. Fine tuning can include adjustments to:

- ✔ Ketogenic ratio
- ✔ Timing of meals and snacks
- ✔ Body care products
- ✔ Net grams of carbohydrates per day
- ✔ MCT oil
- ✔ Fluids
- ✔ Calories
- ✔ Carnitine supplements
- ✔ Medications

It is important to make only one change at a time to best determine the impact of the change.

# Side Effects And Sick Day Management

## Side Effects

### Constipation

Constipation on the ketogenic diet is common. This can be caused by several factors including slower digestion (due to fat content), inadequate fluid intake and insufficient fibre consumption.

Treatment includes:

- ✔ Ensure adequate fluid intake
- ✔ Increase fibre in the diet by adding foods like: avocado, leafy greens, cabbage, celery, asparagus, flax seeds/meal, chia seeds
- ✔ Try Senna tea (Smooth Move is one brand) or flaxseed oil
- ✔ Consider a carbohydrate-free laxative

### Nausea

Nausea can occur on the ketogenic diet because the digestive process is slower when consuming a diet high in fat.

Treatment includes:

- ✔ Sip hot tea or water with or after meals/snacks
- ✔ Increase number of meals and snacks to spread fat intake over the day
- ✔ Go for a walk after meals to help with digestion
- ✔ Stay in an upright position (sitting or standing) to keep food moving down

### Acidosis

Acidosis occurs when there is too much acid in the blood. Being in ketosis can make your blood more acidic and some seizure medications can worsen this side effect (e.g., topiramate and zonisamide). Symptoms of acidosis include vomiting, flushing, lethargy, fast breathing and rapid heart rate. Acidosis is diagnosed through blood tests, which can be done as needed if you are experiencing these symptoms or detected during your routine blood tests. If acidosis is present, your keto team will determine the best way for treating it.

## Hypoglycemia

Hypoglycemia is low blood sugar (glucose). Symptoms include pale skin, sweaty forehead, rapid pulse, dizziness, nausea and sleepiness.

Treatment includes:

- ✔ Drinking 15ml juice, e.g. apple juice; symptoms should improve within minutes
- ✔ If symptoms persist after 20 minutes, drink another 15ml of juice
- ✔ Once symptoms improve, have a keto meal, snack, or tube feed to maintain your blood sugar levels.

## Excess ketosis

Although rare, the body can develop a level of ketosis beyond what is needed for ketogenic therapy. Symptoms include nausea, rapid and shallow breathing, facial flushing, vomiting and extreme sleepiness.

Treatment includes:

- ✔ Drink 30ml juice
- ✔ If symptoms persist after 20 minutes, drink another 30ml juice

## Sick Day Management

When you are vomiting, unable to keep down food, or have diarrhoea it is important to drink fluids to prevent dehydration.

If vomiting and/or diarrhoea is present, drink carbohydrate free electrolyte replacement drinks in place of water to prevent electrolytes imbalances.

If vomiting or diarrhoea is uncontrollable, seek advice from your doctor.



## WHEN TO SEEK ADDITIONAL MEDICAL CARE

Most side effects can be managed at home with guidance from your Ketogenic Dietitian. However, at times you may need to seek additional information or care.

If your symptoms require immediate attention, you should go to your local A&E department for treatment.

## Frequently Asked Questions

*What are the different types of ketogenic diets?*

### Classical Diet

The strictest of the diet therapies. Requires measuring foods on electronic weighing scales. If you tried one of the other therapies listed below and saw some improvement, a classical ketogenic diet might further improve outcomes.

### Modified Atkins Diet (MAD)

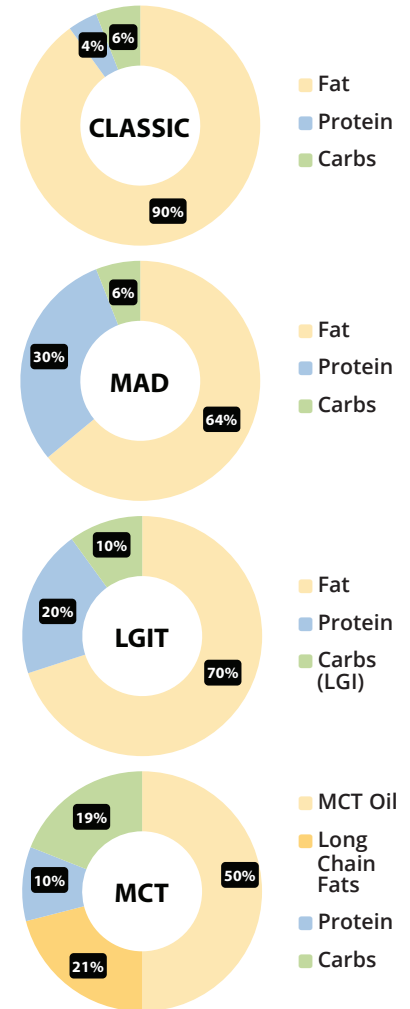
This approach uses measuring cups and spoons instead of weighing scales. Net carbohydrates are usually limited to 10-20 grams per day. Fats must be added with each meal and snack. Ketone levels are usually lower than with classic ketogenic therapy. KetoVie 4:1 can be used with MAD therapy.

### Low Glycaemic Index Treatment (LGIT)

This approach uses foods that have a low impact on glycaemic response, meaning blood sugars do not spike after eating. Low glycaemic index carbohydrates are limited to 40-60 grams per day and fibre grams are not subtracted. Fats and proteins make up the remaining calories. Foods are portioned using measuring cups/spoons. With LGIT the goal is to limit blood sugar fluctuations and ketosis may not be needed to see benefits.

### MCT Ketogenic Diet

The focus of this diet is on consuming fats and specifically, a prescribed amount of MCT. MCT is processed into ketones more efficiently by the body. If not increased slowly, MCT can cause GI upset (nausea, stomach cramping, or diarrhoea). A list of foods that can be “exchanged” for each other can be provided. This is the most liberal of all the diets.



## FOLLOW UP

### *Why do I need to go to clinic every few months?*

Getting regular follow-up from your ketogenic clinic is very important. Your team will look at how well the diet is being tolerated, your level of ketosis, weight changes, response to the diet and fine-tune the diet for the best results.

### *Will a ketogenic diet cause my cholesterol to go up?*

Cholesterol levels are carefully monitored while on the ketogenic diet. Sometimes cholesterol may go up, but this effect is usually temporary. Diet adjustments may be recommended if levels do not return to normal.

### *I've read about people getting the "keto flu," what is this?*

Some, but not all, experience flu-like symptoms when first starting a ketogenic diet. This is referred to as "keto flu." This may include feeling tired, weak, dizzy, nauseated or experiencing vomiting. This is temporary and will go away in a few days.

### *When should I call my Ketogenic Dietitian or go to the A&E Department*

**Call your Ketogenic Dietitian**, if you have questions or concerns about the diet or if there is any change in your medical condition.



### **Go to the A&E department or call 999, if:**

- 1 There is a medical emergency
- 2 There is an on-going seizure that does not respond to emergency medication
- 3 Trouble breathing or choking
- 4 A serious injury has occurred

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## FOLLOW UP (continued)

*I am not in ketosis or my ketosis has dipped - what am I doing wrong?*

Ketones can change from day-to-day based on variety of reasons including fluid intake, food choices and illness. If your seizures do not increase, this may not be an issue. However, if ketones drop and stay low for more than 3 days or if seizures increase, consider the following:

- ❶ **Hidden sources of carbohydrates:** review labels on supplements, medications, liquids, body care products and check food labels frequently for any manufacturer changes or potential sources of carbohydrate.
- ❷ **Calories, ratio and net carbohydrates:** Calories, ketogenic ratio or daily allotment of net carbohydrates may need to be adjusted up or down if ketones are not at the desired level. Your dietitian can guide you on these changes.
- ❸ **Carnitine:** Carnitine is important in using fat for energy. Sometimes a high fat diet can use up the body's carnitine stores. Supplementing with carnitine can rebuild that supply and ensure fats are being turned into ketones.
- ❹ **Acute illness:** During times of illness the body may not produce as high a level of ketosis. This is temporary and may not require any changes.

## SPECIAL EVENTS

*How do I handle special occasions/holidays?*

So many of our special occasions are centred around food and this can be a challenge for someone following a restrictive diet. Consider bringing your own ketogenic version of the same meal being provided. You may also choose to arrive after the food has been served. For children, consider non-food treats such as stickers or small toys to allow them to join the celebration.

*I am bored with my meals and snacks - Do you have any suggestions for me?*

View our YouTube channel: <https://www.youtube.com/c/AjinomotoCambrooke>, My Keto Café playlist for great recipe videos.

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## BASICS OF DIET THERAPY FOR SEIZURES

### *How does a ketogenic diet work?*

Even though the diet has been used for close to 100 years, how the diet works is still unknown. What is known is when medications fail to control seizure activity, ketogenic diets have a 50% chance to reduce or stop seizures.

### *What can happen if I “cheat” when on my ketogenic diet?*

For those with a seizure disorder, they may have a short term increase in seizures that can last 24-48 hours. Your clinic may provide suggestions of how to modify your plan for the remainder of the day to try and minimize the impact.

### *How long do I need to stay on a ketogenic diet?*

This can depend on the reason for trying a ketogenic diet. Those with a seizure disorder who respond to the diet generally follow the diet for a minimum of 2 years. Some may need to follow the diet for longer periods of time. Certain genetically inherited conditions may warrant life-long treatment. Some will transition from a classical diet to one of the more liberal diet plans like MAD or LGIT.

### *I am still hungry after meals and snacks, what should I do?*

Talk to your dietitian about feeling hungry. Your dietitian will look at multiple factors including weight changes and your level of ketosis. An adjustment to calorie goals may be needed.

## PRESCRIPTIONS

### *Is KetoVie 4:1 available on prescription?*

Yes, your Dietitian will send a letter to your GP to request a prescription. You can choose to be registered for home delivery with DialaChemist or you can collect from your local chemist.



## Resources

### Online

- **Matthew's Friends: [matthewsfriends.org](http://matthewsfriends.org)**  
A charitable foundation in the United Kingdom as well as New Zealand and Canada, centered on providing resources and training for families and professionals.
- **The Daisy Garland: [thedaisygarland.org](http://thedaisygarland.org)**  
A national charity working exclusively for children with drug-resistant epilepsy and their families.
- **Keto Hope Foundation: [ketohope.org](http://ketohope.org)**  
A nonprofit organization providing family support, education and keto-friendly foods for families with children with pediatric epilepsy.
- **International League Against Epilepsy Task Force for Dietary Therapies: [ilae.org/patient-care/ketogenic-diets](http://ilae.org/patient-care/ketogenic-diets)**  
Providing information and resources regarding ketogenic diets.
- **Glut-1 Deficiency Foundation: [g1dfoundation.org](http://g1dfoundation.org)**  
A nonprofit family organization dedicated to educating others and increasing awareness of Glut-1 Deficiency Syndrome.
- **Dravet Syndrome Foundation: [dravetfoundation.org](http://dravetfoundation.org)**  
A nonprofit organization dedicated to supporting research for Dravet Syndrome.
- **Lennox-Gastaut Syndrome Foundation: [lgsfoundation.org](http://lgsfoundation.org)**  
LGS Foundation's mission is to improve the lives of individuals affected by Lennox-Gastaut Syndrome through research, programs and education.

### Books

- **The Ketogenic Diet and Modified Atkins Diets.**  
Kossoff, Turner, Doerrler, Cervenka, Henry. 6th Edition. Demos 2016.
- **The Keto Cookbook: Innovative Delicious Meals for Staying on the Ketogenic Diet.**  
Crampp, Martenz. 1st Edition. Demos 2011.

## Glossary

**Acetoacetate** — *A type of ketone body measured in the urine.*

**Beta-hydroxybutyrate** — *A type of ketone body measured in the blood.*

**Calcium/Vitamin D** — *Important to bone health and can be lacking in a ketogenic diet. Certain medications can also impact bone health. Supplementation of these nutrients is often required on the ketogenic diet.*

**Carnitine** — *Helps to move fats into our cells to be used for energy.*

**Ketones** — *Ketones occur when the body breaks down fat for energy. They are also called ketone bodies.*

**Ketogenic ratio** — *The amount of fat to the combined amount of net carbohydrate and protein. Ketogenic diets are often prescribed in a specific ratio such as 4:1, 3:1 or 2:1.*

**Medium Chain Triglycerides (MCTs)** — *A special type of fat which are easily turned into ketones. MCT can also help address constipation, a common side effect of the ketogenic diet.*

**Net carbohydrate** — *The amount of total carbohydrate minus fibre. Fibre is minimally absorbed and some may choose to subtract this amount when calculating carbohydrate for greater diet flexibility.*

**Phosphorous** — *An important element for bone health and in neutralizing acids in the blood.*

**Selenium** — *A mineral which may need to be added to a ketogenic diet. It has an important role as an antioxidant and in heart health.*

**Whey protein** — *A type of milk protein that is easy to digest and well tolerated compared to other types of milk protein.*

**Whole foods diet** — *A diet which avoids processed foods and eliminates sugar. Sometimes used before starting the ketogenic diet.*

## References

1. Kossoff, E., Turner, Z., Doerrler, S., Cervenka, M. C., & Henry, B. J. (2016). *The ketogenic and modified Atkins diets: treatments for epilepsy and other disorders* (6th ed.). NY, NY: Demos Medical Publishing, LLC.
2. Food Allergy Research & Education (FARE). (2016). Tips for Avoiding Your Allergen. Retrieved August 4, 2017, from <https://www.foodallergy.org/file/tips-avoid-allergen.pdf>.



## My Diet Prescription

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## My Supplements

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# CAMBROOKE™

View our **MY KETO CAFÉ** playlist on YouTube for recipe videos:

<https://www.youtube.com/c/AjinomotoCambrooke/playlists>

Join our **Facebook group**:

<https://www.facebook.com/groups/MyKetoCafeForEpilepsy>



EVERYDAY IS EVERYTHING

## MY KETO CAFÉ

FOR EPILEPSY & THERAPEUTIC KETO DIETS

Eat Well, Live Well.  
**Aji**  
AJINOMOTO

CAMBROOKE

CAMBROOKE UK LTD

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Eat Well, Live Well.

**Aji**  
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