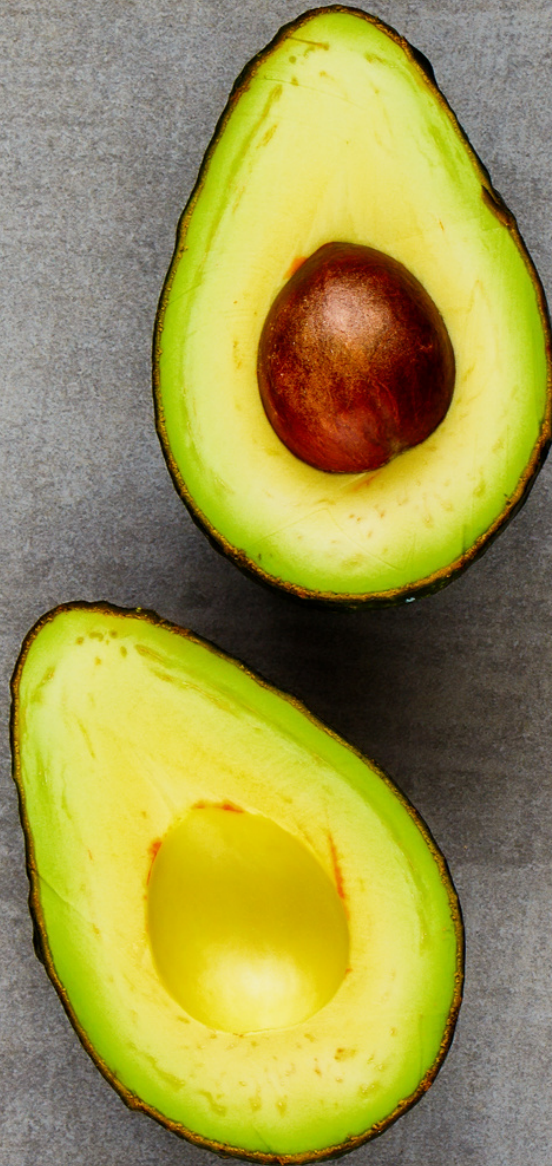


KNOWLEDGE · SUPPORT · SUCCESS

KETO DIET



DENISE POTTER

KETOGENIC DIET EXPERT

Resources · Food Swaps · Meal Planning Guide
Recipes · Product Suggestions · Sick Day & Hospital Guidelines

DENISE POTTER

RDN, CSP, CDCES



Denise has been a Registered Dietitian Nutritionist (RDN) for 30 years. She has been a Certified Diabetes Care and Education Specialist (CDCES) for 23 years and a Certified Specialist in Pediatrics (CSP) for 8 years.

She administered the ketogenic diet to children with epilepsy and other conditions at the University of Michigan CS Mott Children's Hospital for 11 years and now runs a private practice entirely focused on ketogenic diet therapy.

She currently manages children and adults both nationally and internationally on ketogenic diets. Her practice includes clients with epilepsy, migraines, cancer, Parkinson's, diabetes, autism, bi-polar disorder and more.

Denise speaks nationally and internationally on ketogenic diet therapy, is a consultant to The Charlie Foundation, and owns Potter Dietitian Consulting, LLC. She is the author of *The Migraine Diet: A Ketogenic Meal Plan for Headache Relief*.

Available Programs & Support Options

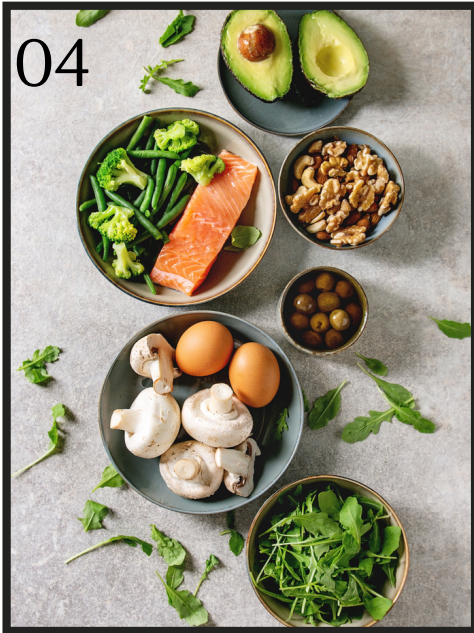
Jump-Start Assessment Call: 30 or 60-minute interview to assess your dietary/teaching needs and funnel you into the best program for you/your loved one. This call serves as the first call of any program and the charge will be credited to your program fee.

Keto Starter/Rebuilder: A three-month program recommended for epilepsy, cancer, pediatrics, "new to keto", and those who need an "overhaul" to their ketogenic diet.

Keto Enhancement Program: A one-month program for those who are already on a ketogenic diet and would like professional support.

Individual Phone Consultation: A 60 minute phone call to review your current ketogenic diet and make recommendations.

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Remember this....regardless of the reason you have chosen to pursue a ketogenic diet, this book is your sidekick in the journey. This book provides resources, recipes, product suggestions, your individualized meal plan and more. For the best chance at success, it should be used in conjunction with regular follow-up appointments with your Registered Dietitian.



BE PREPARED

Have You...

- Gathered all the necessary supplies? This includes a food scale, regular scale, ketone strips, glucometer, keto friendly food and your recommended supplements.
- Been keeping record of your symptoms (seizures, migraines, etc) so diet efficacy can be measured?
- Put your goals for the keto diet in writing?
- Visited the [Charlie Foundation website](#) to look at recipes?
- Started reducing sweets, juice, pop and other high carbohydrate foods?
- Notified your physician that you plan to begin a keto diet? If applicable, have liquid medications been converted to lowest carbohydrate form (tablet/capsule)?
- Spent time preparing family members for the transition?
- Mentally and emotionally prepared yourself for a 3-4 month keto diet trial?
- Logged on and explored the [KetoDietCalculator website](#)?
- Completed your lab work including CBC, CMP, Vitamin D (25 OH), fasting lipid panel and free/total carnitine (Note: Children should also have their zinc and selenium levels done).
Lab results can be e-mailed to your dietitian or faxed to 734-868-3290.

KETO SUPPLY CHECKLIST

Setting yourself up for success is key. Be sure you have all of the supplies listed prior to starting the ketogenic diet.

1

FOOD SCALE

A good scale measures to the tenth of a gram (0.1). Do not order a pocket scale unless you want one for travel because they are quite small. Numerous scale options are available.

Example scale: US Balance Benchtop Pro, 2000g x .1g.

2

KETONE MONITOR

Blood ketone testing provides the most accurate level and will be used unless otherwise indicated.

Please purchase a [Precision Xtra Blood Glucose & Ketone Monitoring System](#) (~\$25-35) or [Keto Mojo Meter](#) (~\$50).

3

KETONE AND GLUCOSE STRIPS

Be sure to purchase the strips designed to work with your meter in #2. You can find the best prices for strips on eBay or Amazon.

Purchase 30-50 blood ketone strips (~\$1.00 each) and 50 blood glucose strips (~\$.50 each) to get started.

4

LANCETS

Your meter will come with 10 lancets. You can purchase additional lancets on Amazon. Precision Xtra uses Freestyle lancets & Keto Mojo uses any universal lancet.



5

KETO FRIENDLY TOOTHPASTE

- Tom's Toothpaste
- Arm & Hammer Advanced White Extreme Whitening Toothpaste
- Arm & Hammer PeroxiCare Deep Clean Toothpaste

6

SUPPLEMENTS

Your dietitian will provide you with specific supplements needed based on your laboratory values and individualized needs. Check your individualized plan on page 30 for exact supplement recommendations.

7

MCT SOURCE

MCT oil can boost ketosis and can easily be incorporated into your meals or beverages. Coconut oil contains a large amount of MCT oil and can be found at most grocery stores.

You can also purchase 100% pure MCT oil. For specific brands see page 14.

POTENTIAL SIDE EFFECTS

MOST SIDE EFFECTS ARE EASILY AVOIDABLE OR TREATABLE

- Keto flu
 - Signs: Nausea, vomiting, fatigue, headache, constipation, low blood sugar, irritability
 - Easily avoided by starting the keto diet gradually over 2-3 weeks.
 - To prevent the keto flu, stay hydrated and consume adequate electrolytes (sodium, potassium, calcium and magnesium).
- Hypoglycemia (low blood sugar)
 - Signs: Headache, shakiness, extreme hunger
 - Temporary side effect that is generally avoided if carbohydrates are reduced gradually over 2-3 weeks.
 - Those on diabetes medications will be monitored closely and medications must be adjusted by your physician.
 - If you have any symptoms treat with 2-3 grams of carb (1-2 Tbsp of juice or 2 small bites of fruit).
- Constipation
 - Often avoided by adequate hydration, emphasis on vegetables as carbohydrate source, and including ground flaxseed and/or avocados in the diet on a regular basis.
 - Keto friendly laxatives include:
 - Milk of Magnesia
 - Miralax
 - Glycerin suppositories
 - Fleets enema
 - Senokot tablets
- Kidney stones
 - Rare side effect that is generally avoided by staying well-hydrated.
- Elevated lipids (cholesterol, triglycerides)
 - It is common to see an increase in cholesterol within the first 3 months of keto but levels often decrease without intervention over the course of a year.
 - Lipid levels should be evaluated individually.
 - Recent research and efficacy of the diet should be considered when evaluating lipids.

IF YOU ARE EXPERIENCING SIDE EFFECTS OF ANY KIND, COMMUNICATE WITH YOUR DIETITIAN.



The Ketogenic Diet

The keto diet is a 'ketogenic metabolic therapy' that has been used as a treatment for epilepsy since 1921. Of all patients with epilepsy treated with the keto diet, 50 to 70% have a good response - either total seizure freedom or more than a 50% decrease in their seizures. In recent years keto has been found to help numerous other conditions such as migraine headaches, glioblastomas, multiple sclerosis, ALS, Alzheimer's disease and Parkinson's disease to name a few.

Keto takes time to work, so we ask each family to commit to continuing with the keto diet for at least 3 months. The keto diet is a serious undertaking for the whole family and our goal is to help you be successful.

How Does the Keto Diet Work?

The goal of the diet is to transition the body into "ketosis" through the foods eaten. Our body normally burns glucose (sugar) for energy. Ketosis simply means that our bodies are using fat for energy instead of glucose. When people eat fewer carbohydrates, their bodies turn to fat as a fuel source and produce ketones. The ketones circulate through the blood in the body and then are excreted through the lungs and in the urine. Therefore, ketosis is produced by eating a balance of foods that provide just the right amount of fat, protein and carbohydrates.

Heavy cream, butter, oil avocados, mayonnaise are used at every meal to provide necessary fat to induce ketosis.

What Foods Will I Eat?

The keto diet is made up of 70-80 % fat, 10-15% protein, and 5-10% carbohydrates. It is often prescribed as ratio of fat grams to grams of carbohydrate and protein combined. For example, a 2:1 ratio means 2 grams of fat to every 1 gram of protein and carbohydrate combined. Heavy cream, butter, oil, avocados, and mayonnaise are used to provide the necessary fat. Protein and carbohydrates will provide the remaining calories. Proteins are foods such as beef, chicken, turkey, pork, cheese and eggs. Carbohydrates are foods such as pasta, bread, cereals, sweets (sugar), milk, fruits and vegetables. Foods high in carbohydrate will be drastically restricted.

How Are Keto Meals Different?

All diets are composed of 3 macronutrients which we need in large amounts: Fat, carbohydrate and protein. When comparing the weights of these nutrients, fat provides 9 calories per gram which is over two times the calories of a gram of protein or carbohydrate which have only 4 calories per gram. Because fat is so high in calories, keto meals may look small, even though the overall number of calories is the same.

PERSONALIZATION

We will consider your height, weight, activity level, and usual eating patterns during the creation of meal plans. You should not be overly hungry while on a keto diet. Please remember that it is healthy to have 'normal' hunger 30-60 minutes before meals.

Blood Work

Several **labs should be monitored** before pursuing and while on keto. In general these are: Complete Blood Count (CBC), Comprehensive Metabolic Panel (CMP), fasting lipid profile (cholesterol, etc), vitamin D (25 OH) and free/total carnitine. Some people may need further monitoring, especially children.

Medications

Medications should be **tablet/capsule form** whenever possible. Liquid medications often contain significant carbohydrates. Steroids often cause a rise in blood sugar (glucose) and should be limited/avoided if possible. Intravenous (IV) fluids should not contain dextrose unless there is a medical reason for this (which is incredibly rare).

Personal Care Products

Carbohydrates in many products can be absorbed and may impact ketosis. The most important products to consider are: **toothpastes, lip balms, body lotions, sunscreen and hand sanitizers**. Please discuss these with your dietitian. A list of common low carb products can be provided.



In addition to food sources of carbohydrate, be cautious with medications, personal care products and supplements.

Supplements

Several supplements are recommended and include:

- Multivitamin
- Calcium
- Vitamin D3
- Potassium - Morton Lite Salt or similar product

Many others are optional and will be recommended as needed. These may include: probiotics, lecithin, fish oil, magnesium, carnitine, phosphorus, sodium, and/or citrates. Supplements should generally be tablet, capsule or powder form to minimize carbohydrate.



So how do I prepare the meals?

For at least the first few weeks, all foods will be measured on a digital scale that measures grams. Weighing the foods ensures you measure the right amount and combination of foods to keep you in ketosis. Each meal should be eaten in its entirety. Foods can't be saved from one meal to the next and no "seconds" are allowed. If this therapy is for a child, expect that it may take a few weeks to get him/her eating all of their keto meals.

How long should I be on keto?

This is dependent on your condition so be sure to discuss with your dietitian. For most conditions, it is optimal to follow keto for 3 to 4 months to determine efficacy. If at that point it is determined not to be helpful, you can discontinue therapy gradually by adding carbohydrates back over a 1 to 2 week period. It is rarely recommended to discontinue a keto diet abruptly.

Are there any "free" foods that I do not have to count into my diet?

Not many foods are considered 'free' on keto. Even a small amount of carbohydrate can decrease ketone levels.

Lettuce and salad greens are considered "free" in moderate amounts. If you want large amounts such as what you would use in a dinner salad, calculate them into meals.

Whole or ground spices and seasonings are fine to use but be aware of the carbohydrate content of mixes or blends such as taco or chili seasoning.

Three to four olives, macadamia nuts, pecans, walnuts or Brazil nuts can be considered "free" on occasion as this will not hinder ketosis. Be aware that this will add up to 100 calories to your daily intake.

Artificial Sweeteners and Sugar Alcohols

Recent research has revealed that artificial sweeteners may adversely impact the gut microbiome. For some individuals **a small amount of artificial sweetener is acceptable** but all should be used sparingly. The most keto friendly and safe artificial sweeteners include:

- Monk fruit extract
- Stevia
- Erythritol
- Sucralose (Splenda)

DaVinci Sugar Free Syrup is one brand of flavoring that may be used in small quantities.

Note: Not all sugar alcohols (xylitol, mannitol, erythritol etc) are created equal. Most have some carbohydrates even though the labels are allowed to read "sugar free". We recommend sticking with **erythritol as the preferred sugar alcohol**.

Keto Friendly Beverages:

- Plain water
- Water with a few drops of lemon juice
- Unsweetened green or herbal tea
- Bouillon/broth
- Naturally flavored waters
- Diet soft drinks (with sucralose)
- Carbonated or mineral water
- Unsweetened coffee
- Sugar-free electrolyte water such as Propel Fitness Water or Powerade Zero
- Unsweetened nut-based milk (almond/coconut/cashew)
 - Ask if this can be a "free" drink for you.

Note: **Limit caffeine to no more than 1 to 2 servings/day.** In addition limit artificially sweetened drinks to no more than 16 ounces/day.



EXCHANGE LISTS

You will often see "10% fruit" and "Group B Vegetables" used in your meal plan. Use these helpful exchanges to provide variety in your diet.

FRUIT

Fresh, frozen or canned without sugar can be used. Do not use dried fruit.

10% (use amount on recipe) :

- Applesauce (unsweetened)
- Apricot
- Blackberries
- Cantaloupe
- Grapefruit
- Guava
- Honeydew melon
- Kiwi
- Mango
- Nectarine
- Orange
- Papaya
- Peaches
- Pineapple
- Raspberries
- Strawberries
- Tangerine
- Watermelon

15% (use 2/3 recipe amount, multiply by .67):

- Apple (with skin)
- Blueberries
- Cherries
- Grapes
- Green banana
- Pears
- Plums

VEGETABLES

Fresh, canned or frozen can be used. Measure raw (r) or cooked (c) as specified.

Group A (use double amount on recipe):

- Asparagus (c)
- Cabbage (c)
- Celery (c or r)
- Cucumbers (r)
- Eggplant (c)
- Peppers (c or r)
- Pickles (dill) (r)
- Radish (r)
- Sauerkraut (c)
- Summer squash (zucchini, yellow) (c)
- Swiss chard (c)
- Tomato (r)
- Turnips (c)

Group B (use amount on recipe):

- Beets (c)
- Broccoli (c)
- Cabbage (r)
- Carrots (c or r)
- Cauliflower/cauliflower rice (c)
- Green beans (c)
- Kale (c)
- Mushroom (r)
- Onion (c or r)
- Spinach (c)
- Tomato (c)
- Winter squash (acorn, butternut, spaghetti) (c)

EXCHANGE LISTS

You will often see "lean meats" used in your meal plan. Use these helpful exchanges to provide variety in your diet.

LEAN MEATS

These meat and protein rich foods are grouped together because they have similar protein and fat content when trimmed. They are listed on meals as "lean meat." Other protein rich foods such as chicken, fish, eggs and cheese are calculated separately on menus. All meat should be cooked before it is weighed. Avoid meats marinated in sauces.

- Beef roast: arm, chuck, eye, top sirloin, top/bottom round
- Beef loin cuts: tenderloin, filet mignon, New York strip, T-bone, rib eye
- Eye round of beef
- Lean ground beef (80% lean)
- Pork roast - loin end, pork tenderloin, pork loin
- Pork loin cuts/pork chops
- Turkey: dark meat, thighs and legs

EASY SWAPS

Use these handy swaps to add variety to your meals. Swapping foods using this list eliminates the need to go into the KetoDietCalculator system and re-calculate the entire meal.

Swap butter, mayonnaise and ghee as these can all be used interchangeably.

Swap any oil for any other oil. For example, use avocado oil in place of olive oil.

Swap any salad greens with each other and if using a small amount (<50-75 grams) count as a 'free food.'

Use double portion of Ranch or full-fat Italian dressing in place of butter, oil or mayonnaise.
Example: 15 grams (1 Tbsp) butter = 30grams (2 Tbsp) Ranch Dressing.

Swap heavy cream for butter or oil by doubling for butter or tripling for oil.
Example 1: 15 grams (1 Tbsp) butter = 30 grams (2 Tbsp) heavy cream
Example 2: 15 grams (1 Tbsp) oil = 45 grams (3 Tbsp) heavy cream

WAYS TO SUCCESSFULLY GET ENOUGH FAT

Most of the calories in the keto diet come from fat. We understand it can be difficult to get all your fat in and keep it palatable. Check out these ways to incorporate fat into meals.

BUTTER

Reheat cooked meat in butter in a small pan. The butter will be absorbed into the meat.

Mix a pinch of an herb into 2-3 tablespoons of softened butter. Refrigerate the mixture for up to 3 days to maximize flavor. Use in meals to enhance the flavor of vegetables or meat.

Butter or coconut oil mixes nicely into peanut or almond butter.

MCT OIL

Emulsified MCT Oil (Liquigen) is easily stirred into heavy cream and 1-2 oz unsweetened nut milk or sugar-free flavored water for a quick keto "shot" to boost the fat in a meal.

HEAVY CREAM

Choose one brand of cream that is locally available and try to continue with the same brand throughout the diet. Do not purchase half and half which is not the same as heavy cream.

MAYONNAISE

Mayonnaise + Ranch dressing + oil:
Mix all 3 together for a higher fat version of Ranch dressing.

Mix mayonnaise into chopped meats such as chicken, turkey or pork.

Make egg salad or tuna salad with mayonnaise and oil. Serve with lettuce for a wrap or with carrot or celery sticks.



When buying grade A whipping cream make sure the fat content is 5 to 6 grams per 15 mL (1 Tbsp) serving.

Measurement Conversions

Grams are the same as milliliters (mL) so feel free to exchange.

5 mL = 1 teaspoon
15 mL = 1 tablespoon
30 mL = 1 ounce
240 mL = 1 cup
30 grams = 1 ounce

KETO FRIENDLY PRODUCTS

Baking Mixes, Baked Goods, & Cereal

- [Ketocuisine Baking Mix](#)
- [KetoVie Cafe Products](#)
 - Donuts, pizza, wholesome bread, kwik mix and more
- [Nush Cakes & Cookies](#)
- [Keto Bars](#)
- [Lily's Chocolate](#)
- [Yez Foods](#)
 - Cookies, Breads, Rolls
- [Fat Snax Cookies & Crackers](#)
- [Gra-POW Granola](#)
- [Good Fats Bars](#)
- [Whisps Cheese Snacks](#)
- [Flackers Crackers](#)
- [Keto Cereal](#)
- [Xtreme Wellness High Fiber, Low Carb Tortillas](#)
- [Munk Pack Granola Bars](#)

Note: Some of these products are low carb but not necessarily high in fat. Always check with your keto dietitian about the appropriateness of these products in your individualized plan.

Disclaimers: Many of these products use erythritol and/or artificial sweeteners. Too much may bother your digestion and could potentially inhibit ketosis. Please use with discretion and enjoy as long as your ketones stay within goal.

KETO FRIENDLY PRODUCTS

Formula & Shakes

Several 'formulas' are available to augment the keto diet when necessary or needed for tube feedings. These can come in handy for travel, hospitalizations, or days with poor appetite.

Think of these as "Ensure" or "PediaSure" for keto. They can replace a meal or snack while providing a high percentage of fat. Some may require a prescription.

Most companies allow samples. Samples may be requested on each website or your dietitian can request them for you.

Available formulas:

- [KetoCal 4:1 Liquid](#) (vanilla or unflavored)
- [KetoCal Powders](#) (4:1, 3:1)
- [KetoCal 2.5:1 Liquid](#) (vanilla)
- [KetoVie 4:1 Liquid](#) (chocolate or vanilla)
- [KetoVie 3;1 Liquid](#) (unflavored)
- [KetoVie Peptide 4:1](#) (for digestive issues)
- [Keto Peptide](#) (plant based- whole food formula, 2.5:1)
- [Ample- K](#) (vanilla, berry, vanilla cinnamon, chocolate)
- [Space Shake](#) (vanilla, chocolate, coffee)
- [Koia Shakes](#) (cake batter, chocolate brownie, caramel cream, cookies 'n creme)

Disclaimers: Many of these products use erythritol and/or artificial sweeteners. Too much may bother your digestion and could potentially inhibit ketosis. Please use with discretion and enjoy as long as your ketones stay within goal.



KETO FRIENDLY PRODUCTS



Oils & Butters

- [FBombs](#), [Evolved](#) & [SlimFast](#): All these brands offer individually packaged nut butters or fat bomb cups which are great for travel.
- MCT Oil: Many brands available and can help improve ketosis.
 - Examples: [Sports Research](#), [Onnit](#), [Brain Octane](#)
 - Get pure oil and stick with one brand.
 - Shop around for best pricing.
 - Flavored products also available.
- [Liquigen](#): Emulsified MCT oil which improves palatability.
 - Try mixing with a sugar free beverage, stevia or heavy cream.
- Coconut oil: No specific brand and beneficial for encouraging ketosis

Common Keto Friendly Foods

Over the last several years keto has become more popular which has led to more keto friendly product options at your local grocery store.

Here are some examples of keto friendly products that are easy to find.

- Low carb tortillas ([Xtreme Wellness Tortillas](#) & [La Tortilla Factory](#))
- Cauliflower rice
- Low carb noodles ([Miracle Noodles](#))
- Spiralized vegetables

Note: These products are low carb but not necessarily high in fat. You will need to add a fat source such as butter or mayonnaise to stay in adequate ketosis.

Meal Delivery Services

- [Factor 75](#)
- [Keto To Go](#)





SICK DAY GUIDELINES

Diarrhea, fever, nausea, and vomiting are all **common side effects** of illness.

If you are sick and **can't eat** your meals, try these suggestions:

It is okay if you cannot eat an entire meal but in order to maintain ketosis, it is important to **eat at least part of the fat** (cream, butter, oil, or mayonnaise) along with the protein and carbohydrate portion of the meal.

If you can drink fluids but cannot eat solid foods, you can **sip on a ketogenic shake** throughout the day. See page 13 for more information about these options.

You can use the following fluids during illness in **unlimited quantities**:

- Water
- PowerAde Zero
- Propel Zero
- Diet Ginger Ale/Diet Sprite
- Bouillon/broth

You can also use Pedialyte (flavored or unflavored) but **limit to 120 mL (4 oz) every 3-4 hours**. You can dilute with water to increase fluid intake.

During times of illness, hydration is key! Focus on carbohydrate free fluids that provide electrolytes such as Powerade Zero, Propel Fitness Water and broths.

If you are not eating, **check blood ketones twice a day**. This will help you assess if your ketone level is too high (excessive ketosis). If your level is **above 7** or if your meter indicates "HI" then treat with 15 to 30 mL (1 to 2 Tbsp) 100% fruit juice.

If your **glucose level is less than 50 mg/dL**, treat with 15- 30 mL (1 - 2 Tbsp) 100% fruit juice and recheck after 30 minutes to be sure the level is normal.

When able to resume your diet, **reintroduce solids slowly** by starting with 1/2 meals and advance as tolerated. Remember to cut all portions (fat, protein and carb) of the meal by half to stay in good ketosis.

HOSPITALIZATION GUIDELINES

If you become dehydrated during an illness, you may need to be treated with intravenous (IV) fluids in the emergency room or hospital.

Make sure your IV fluids are provided **without dextrose**.

Remember to take your scale, recipes, meter and formula (if using) with you any time you go to the hospital.

Inform all of your doctors and nurses that you are on a ketogenic diet. Ask the medical team to place a dextrose allergy in your chart to avoid unintentional errors with IV fluids and liquid medications.

EMERGENCY GUIDELINES FOR KETOGENIC DIET

Disclaimer: This page is designed for medical professionals and provide recommendations to prevent disruptions in ketosis.

FASTING

Patients on a medical keto diet can fast in the same manner as other children/adults.

Clear liquids should be "sugar free" and "caffeine free." Diet, caffeine-free sodas, sugar-free gelatin, ice chips and water are allowed.

MEDICATIONS

Must be in lowest carbohydrate form such as tablet or capsule. **Avoid chewables and liquids.**

If possible, **avoid steroids** to prevent increased glucose which will inhibit ketosis.

Consult the pharmacist or keto dietitian before ordering new medications to make sure the most appropriate form is being used.

INTRAVENOUS (IV) FLUIDS

Non-dextrose containing fluids should be used including normal saline and/or lactated ringers.

ANESTHESIA

Avoid propofol or use with extreme caution due to carbohydrate content and reports of adverse effects.



LABORATORY MONITORING

For procedures and surgery where NPO status is required, we recommend **checking glucose levels every 6 hours** and if < 50 mg/dL, **treat with a 40 mL D5 bolus**. Re-check glucose levels 30 minutes after treatment and re-treat if needed.

If glucose levels are consistently < 50 mg/dL, start D2.5 to achieve blood sugar between 50-80 mg/dL.

Remember that patients in ketosis are often running at a lower glucose level than others. Consider letting glucagon correct levels between 50-70 mg/dL.

Check **beta-hydroxybutyrate (BHOB) (ketone level)** at least once an admission. The goal is 1.0-7.0 mmol/L.

Closely monitor **bicarb levels**. Extended fasting may lead to excessive ketosis and acidosis. Consider treating $CO_2 < 20$ mmol/L with 1-2 mEq $NaHCO_3/kg$ if appropriate.

If you have questions about the ketogenic diet plan for this patient please contact the dietitian.

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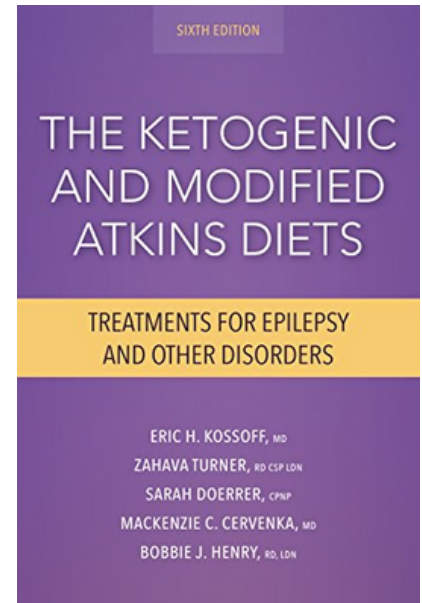
KETOGENIC DIET RESOURCES

Books on Ketogenic Diet Therapy

- The Ketogenic and Modified Atkins Diets: Treatments for Epilepsy and Other Disorders (6th Edition)
- Dietary Treatment of Epilepsy: Practical Implementation of Ketogenic Therapy
- Keto Kid- Helping Your Child Succeed on the Ketogenic Diet
- Fighting Back with Fat
- First Do No Harm (movie)
- The Art and Science of Low Carb Living
- Keto Clarity
- The Migraine Diet: A Ketogenic Meal Plan for Headache Relief

Websites on Ketogenic Diet Therapy

- [Charlie Foundation for Ketogenic Therapies](#)
- [Matthews Friends Ketogenic Dietary Therapies](#)
- [Atkins for Seizures](#)
- [Keto Hope Foundation](#)
- [Carley Eissman Foundation](#)

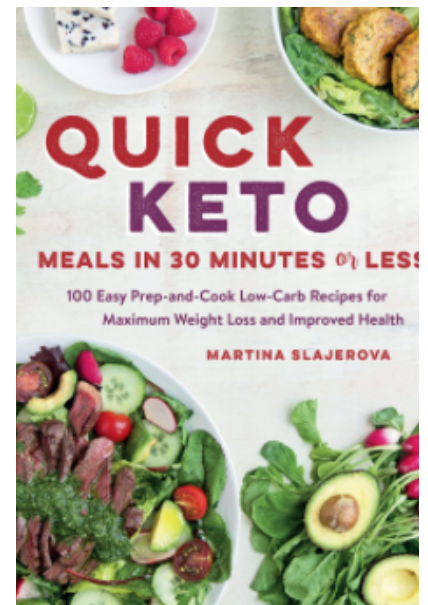


Cookbooks

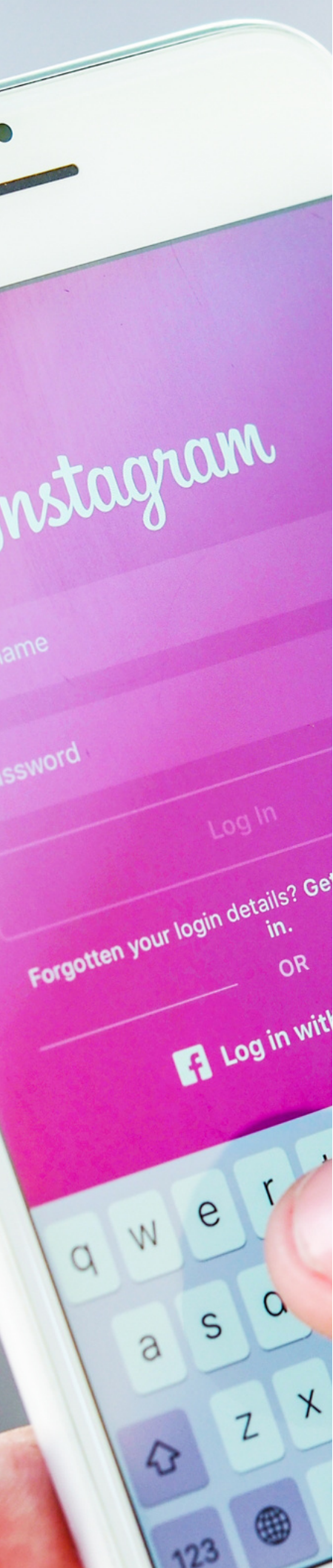
- The Keto Cookbook: Innovative Delicious Meals for Staying on the Ketogenic Diet
- The Modified Keto Cookbook: Quick, Convenient Great-Tasting Recipes
- Quick Keto Meals in 30 Minutes or Less
- Simply Keto
- The Everyday Ketogenic Kitchen
- Sweet & Savory Fat Bombs

Recipe Websites & Instruction Cooking Channels

- [Keto Cook](#)
- [CarbSmart](#)
- [Wholesome Yum](#)
- [Ketolicious Kid](#)
- [Diet Doctor](#)
- [Ditch the Carbs](#)
- [Low Carb Yum](#)
- [Meat Free Keto](#)
- [The Charlie Foundation](#)
- [Ajinomoto Cambrooke](#)
- [Matthew's Friends Keto Cooking Channel](#)



Note: Always evaluate the nutrition information from recipes closely and reach out to your dietitian with any questions.



SOCIAL MEDIA TIPS AND RESOURCES

Pinterest is a great option for recipes. Always search using the term "ketogenic diet for epilepsy" to find the most appropriate options. Look for recipes that provide the nutrition information and always get recipes approved by your keto team.

Facebook and Instagram are also great resources that allow you to connect with like-minded individuals to support your keto journey. You can find recipes, products and motivation using these platforms. However while there is a large amount of good information on social media - there is also an equal amount of bad information. Always use your keto team as the experts.

A great way to find medically appropriate social media accounts is to use the foundation websites provided in this handout. Here are a few suggestions on people and companies to follow:

@KetoPotterRDN	@epilepsyfdn
@ketohopefoundation	@ketocook.dawn
@charliefoundation	@ketoliciouskid
@matthewsfriendsketogenic	@myketobutterfly
@ajinomoto_cambrooke_ketovie	@myketokid1
@ketocal	@keto4mykid

Blogs

- Oregon Keto Kids - www.blogs.oregonstate.edu/oregonketokids
- Modified Mom - www.modifiedmom.wordpress.com
- Keto Connect - www.myketocal.com/blog
- KetoVie Blog - www.ketovie.com/blog
- Keto Joy - www.ketojoy.com

Apps (Android and iOS)

- Our Journey with Ketogenic Diet Therapy
 - Educational Information
 - FAQ
 - Sick Day Guidelines
- Food Journals and Nutrition Trackers
 - MyFitnessPal
 - Carb Manager
 - Calorie King
 - Cronometer



3 SIMPLE STEPS TO CREATE THE PERFECT FAT BOMB

STEP 1: CHOOSE YOUR FAT

- Coconut Oil
- Butter
- Almond Butter
- Ghee
- Bacon Fat
- Peanut Butter
- Coconut Cream
- Oils
- Heavy Cream
- Cream Cheese

STEP 2: CHOOSE FLAVORS

- Pure Flavor Extracts
- Dark Chocolate
- Unsweetened Cocoa Powder
- Spices/Herbs
- No Calorie Sweeteners
- Sugar Free Gelatin

STEP 3: CHOOSE TEXTURES

- Almonds/Walnuts
- Macadamia Nuts
- Chia Seeds/Flaxseeds
- Shredded Unsweetened Coconut
- Bacon Bits
- Cocoa Nibs
- Coconut or Almond Flour

Directions:

Combine all your chosen ingredients and mix well. Divide into portions using ice cube trays or candy molds. Let sit in the freezer or fridge until solid.

Tips:

Remember a small amount of flavoring goes a long way. Always check with your dietitian about which sweeteners are appropriate for you.

Always purchase full-fat versions of cream cheese, heavy cream and coconut cream.

Soften butter, cream cheese, coconut oil and nut butters before mixing with other ingredients.

FAT BOMB RECIPES

Try these tasty fat bomb recipes sure to curb a sweet craving and raise your ketones!



PEANUT BUTTER

Makes 30

- 3/4 cup coconut oil
- 1/2 cup butter
- 2 Tbsp natural peanut butter
- 3 Tbsp unsweetened cocoa
- 2 Tbsp sugar-free flavored syrup (optional)

Direction:

Melt all ingredients together in a sauce pan on low heat. Divide into 30 portions using ice cube trays or molds. Cool in refrigerator for one hour or until solid.

Nutrition (2 fat bombs): 166 calories, 18 grams fat, 0.5 grams net carbs, 1 gram protein



STRAWBERRY CHEESECAKE

Makes 12

- 6 oz full-fat cream cheese (softened)
- 5 Tbsp unsalted butter (softened)
- 1/2 cup strawberries (chopped)
- 1 tsp vanilla extract
- 2 packets Stevia
- 2 Tbsp heavy cream

Direction:

Puree the strawberries in a food processor. Gently mix in the Stevia and vanilla extract. Add the butter, cream cheese and heavy cream to the strawberry mixture. Whip everything together with a mixer until creamy. Transfer to ice cube trays or molds. Cool in freezer for 2 hours.

Nutrition (1 fat bomb): 104 calories, 11 grams fat, 1 gram net carbs, 1 gram protein



CHOCOLATE PEPPERMINT

Makes 12

- 1 cup coconut oil (melted)
- 2 Tbsp powdered erythritol or Swerve
- 1/2 tsp peppermint extract
- 4 Tbsp unsweetened cocoa

Directions:

Mix the coconut oil with the sweetener and peppermint. Pour half the mixture into molds or ice cube trays. Place in the freezer. Add the cocoa powder to the remaining mixture. Place in the fridge to cool. Once the layer in the freezer is set, pour the cooled chocolate layer on top. Place back in freezer or fridge to set.

Nutrition (1 fat bomb): 200 calories, 21 grams fat, 0.5 grams net carbs, 0.5 grams protein

KETO PANCAKES

RATIO: 4:1

MACROS: 30 GM FAT, 6 GM PROTEIN, 1.5 GM NET CARBS

CALORIES: 300 CALORIES

SERVINGS: 1

INGREDIENTS

- 30 grams macadamia nuts (roasted)
- 28 grams raw egg (mixed well)
- 6 grams pecan or macadamia nut oil
- Optional: 3 drops vanilla extract

DIRECTIONS

Grind macadamia nuts in a blender until finely chopped. Mix egg and oil into chopped macadamia nuts. Add vanilla extract (optional). Spray a nonstick skillet with oil spray. Drop batter into desired size circles and cook until heated.

Recipe courtesy of the Charlie Foundation for Ketogenic Diet Therapies.

For more awesome recipes check out their website at www.charlifoundation.org.

FLAXSEED PORRIDGE

RATIO: 4:1

MACROS: 40 GM FAT, 6 GM PROTEIN, 4 GM NET CARBS

CALORIES: 400 CALORIES

SERVINGS: 1

INGREDIENTS

- 120 grams (1/2 cup) unsweetened coconut milk
- 30 grams (3 Tbsp) flaxseed (plain or roasted)
- 30 grams (2 Tbsp) blueberries (frozen)
- 18 grams (2 1/2 tsp) butter
- 10 grams (2 tsp) grapeseed oil
- 0.3 grams (1/8 tsp) cinnamon

DIRECTIONS

Combine flaxseed and coconut milk in a microwave-safe bowl that will hold at least 2 cups of liquid. Cook for 30-45 seconds or just until mixture rises. Remove from microwave and allow to cool for a minute. Add oil, butter, cinnamon and blueberries. Stir to coat blueberries. Over-stirring will make porridge gummy.

Note: Can also make on the stove-top in a small pan. Remove from heat when mixture starts to boil.

Recipe courtesy of the Charlie Foundation for Ketogenic Diet Therapies. Check out the cooking video [here](#).

For more awesome recipes check out their website at www.charlifoundation.org.

MUFFIN IN A MUG

RATIO: 3:1

MACROS: 35 GM FAT, 10 GM PROTEIN, 2 GM NET CARBS

CALORIES: 370 CALORIES

SERVINGS: 1

INGREDIENTS

- 30 grams flaxseed meal (whole ground flaxseed)
- 30 grams raw egg (mixed well)
 - You can also use 1 whole egg but will slightly lower ratio.
- 21 grams butter
- 15 grams full-fat sour cream
- 1 gram baking powder
- 0.5 grams cinnamon
- 0.5 grams Splenda (powder)
- Optional: pinch of salt

DIRECTIONS

Place the butter in a small coffee mug then microwave for a few seconds to melt. Rotate cup to coat inside of cup with butter. Place remaining ingredients in cup and mix well with a small spatula. Microwave for 1 minute. Let cool then serve with a spoon or remove from cup and cut into slices.

Recipe courtesy of the Charlie Foundation for Ketogenic Diet Therapies.

For more awesome recipes check out their website at www.charliefoundation.org.



LUNCH & DINNER RECIPE

FLATBREAD

RATIO: 1.25:1

MACROS: 39 GM FAT, 25 GM PROTEIN, 4 GM NET CARBS

CALORIES: 475 CALORIES

SERVINGS: 1

INGREDIENTS

- 75 grams (3/4 cup) part skim mozzarella cheese (shredded)
- 50 grams (1 large) egg
- 35 grams (1 1/2 Tbsp) full-fat cream cheese (room temperature)
- 10 grams (1 Tbsp) olive oil
- 2.5 grams (1 tsp) coconut flour
- Optional: salt, pepper, dried Italian herbs, garlic powder, 0.1 gram xanthan gum

DIRECTIONS

Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. Combine the egg and the cream cheese. Stir with a fork until well combined. Add the remaining ingredients and stir very well. Spread the mixture onto the parchment paper into an 8-inch circle. Make it the size and thickness you want, it will not spread while baking. Bake for about 30 minutes in the center of the oven. You may flip the flatbread over during the last 10 minutes of cooking to help both sides crisp.

Recipe courtesy of the Charlie Foundation for Ketogenic Diet Therapies.

For more awesome recipes check out their website at www.charliefoundation.org.

CREAMY CHICKEN BROCCOLI

RATIO: 2:1

MACROS: 46 GM FAT, 18 GM PROTEIN, 5 GM NET CARBS

CALORIES: 500 CALORIES

SERVINGS: 1

INGREDIENTS

- 80 grams (~1 cup chopped) broccoli (raw, cut into bite-sized pieces)
- 70 grams (~1/3 large breast) chicken breast (raw, skinless cut into small pieces)
- 40 grams (1/3 cup) 36% heavy cream
- 26 grams (2 Tbsp) butter
- 8 grams (1/2 Tbsp) olive oil
- 5 grams (1 tsp) lemon juice
- Chicken broth (enough to thin sauce)
- Optional: Tabasco sauce to taste

DIRECTIONS

Heat butter and olive oil in small frying pan to medium-high. Carefully add raw chicken then saute for 3 minutes turning chicken to brown. Turn heat down to medium then stir in lemon juice, a dash of black pepper, Tabasco sauce (optional) and salt until coated. Stir in cream and broccoli and cook 2-3 more minutes while stirring. Stir in chicken broth then cover pan, turn off heat and allow to sit for 10 minutes to finish cooking the chicken and broccoli.

Recipe courtesy of the Charlie Foundation for Ketogenic Diet Therapies.

For more awesome recipes check out their website at www.charliefoundation.org.



LUNCH & DINNER RECIPE

CHICKEN & CHEESE STUFFED PEPPERS

RATIO: 1:1

MACROS: 25 GM FAT, 20 GM PROTEIN, 5 GM NET CARBS

CALORIES: 325 CALORIES

SERVINGS: 8

INGREDIENTS

- 656 grams (4 large) green poblano or bell peppers
- 420 grams (3 cups) shredded chicken breast
- 227 grams (8 oz) salsa verde
- 110 grams (1/2 cup) full-fat mayonnaise*
- 68 grams (5 Tbsp) olive oil
- 62 grams (4 Tbsp) full-fat cream cheese
- 56 grams (1/2 cup) cheddar cheese (shredded)
- Optional: crumbled pork rinds for a topping, cilantro, pickled or fresh jalapeno's, Tajin seasoning

DIRECTIONS

Preheat oven to the 425 degrees F. Cut the peppers in half lengthwise and remove the seeds. Arrange the pepper halves in a baking dish, cut side up. Mix the shredded chicken, mayonnaise ([check out the Charlie Foundation homemade coconut mayonnaise recipe](#)), cream cheese, and optional ingredients if using. If your carbohydrate allowance allows, add extra salsa verde to this mixture. Season with salt and pepper. Fill the peppers with the chicken mixture. Generously drizzle the peppers with the olive oil. Top with the shredded cheese and the optional crumbled pork rind (highly recommended). Bake the peppers for 20-30 minutes.

Recipe courtesy of the Charlie Foundation for Ketogenic Diet Therapies.

For more awesome recipes check out their website at www.charlifoundation.org.

DESSERT RECIPE

AVOCADO ICE CREAM

RATIO: 5:1

MACROS: 15 GM FAT, 1 GM PROTEIN, 2 GM NET CARBS

CALORIES: 150 CALORIES

SERVINGS: 6

INGREDIENTS

- 250 grams (8.5 oz) full-fat coconut milk unsweetened (canned)
- 150 grams (2 small) avocados (ripe)
- 25 grams (2 Tbsp) MCT oil
- 25 grams (2 Tbsp) lemon juice
- 10 grams (~1/4 cup) fresh basil leaves
- 10 grams (~1/4 cup) fresh mint leaves
- Pinch of salt
- Optional: Truvia or other sweetener of your choice

DIRECTIONS

Remove the skin and pits from the avocados. Using a food processor, pulse the avocado along with all the other ingredients until smooth, scraping the sides several times. Pour into an ice cream maker and run until frozen. This is best served immediately. If you do not have an ice cream maker or wish to freeze smaller portions, pour the mixture into popsicle molds or ice cube trays and freeze.

Recipe courtesy of the Charlie Foundation for Ketogenic Diet Therapies.

For more awesome recipes check out their website at www.charlifoundation.org.

DESSERT RECIPE

COCONUT MILK & CHIA SEED PUDDING

RATIO: 3:1

MACROS: 11 GM FAT, 2 GM PROTEIN, 2 GM NET CARBS

CALORIES: 115 CALORIES

SERVINGS: 2

INGREDIENTS

- 100 grams full fat coconut milk
- 15 grams chia seeds
- 0.5 grams Truvia
- 0.2 grams ground cinnamon
- Pinch of salt
- Water for thinning consistency if desired

DIRECTIONS

Mix all ingredients together very well. The mixture will be very thin. Cover the pudding with plastic wrap or a lid and let it rest in the refrigerator for at least 2 hours. After 2 hours, stir the pudding. The chia seeds should have swelled and softened. The pudding will be a much thicker consistency. Thin with water if needed. Serve cold or warm.

Recipe courtesy of the Charlie Foundation for Ketogenic Diet Therapies.

For more awesome recipes check out their website at www.charlifoundation.org.