

# KETOGENIC DIET RESOURCES FOR EPILEPSY

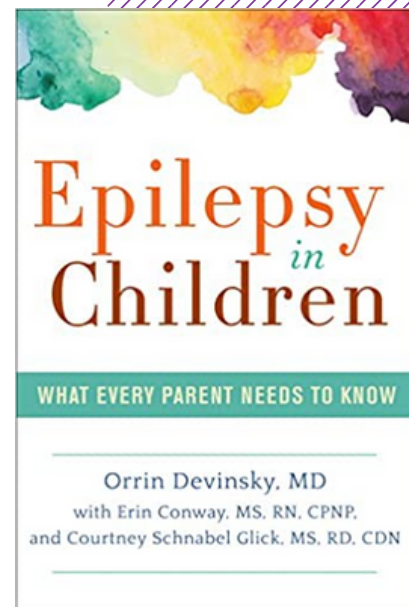
## General Epilepsy Resources

### Websites

- Epilepsy Foundation - [www.epilepsy.com](http://www.epilepsy.com)
- Seizure Tracker - [www.seizuretracker.com](http://www.seizuretracker.com)
- International League Against Epilepsy: [www.ilae.org](http://www.ilae.org)
- Living Well with Epilepsy - [www.livingwellwiththeepilepsy.com](http://www.livingwellwiththeepilepsy.com)

### Specific Epilepsy Syndromes

- Glut-1 Deficiency Foundation - [www.g1dfoundation.org](http://www.g1dfoundation.org)
- Dravet Syndrome Foundation - [www.dravetfoundation.org](http://www.dravetfoundation.org)
- Lennox-Gastaut Syndrome Foundation - [www.lgsfoundation.org](http://www.lgsfoundation.org)
- International Foundation for CDKL5 Research - [www.cdkl5.com](http://www.cdkl5.com)
- Angelman Syndrome Foundation: [www.angelman.org](http://www.angelman.org)
- The Cute Syndrome Foundation (SCN8A) - [www.thecutesyndrome.com](http://www.thecutesyndrome.com)
- FamiliesSCN2A Foundation (SCN2A) - [www.scn2a.org](http://www.scn2a.org)
- Rett Syndrome - [www.rettssyndrome.org](http://www.rettssyndrome.org)



*We highly recommend this book for every parent who is caring for a child with epilepsy.*

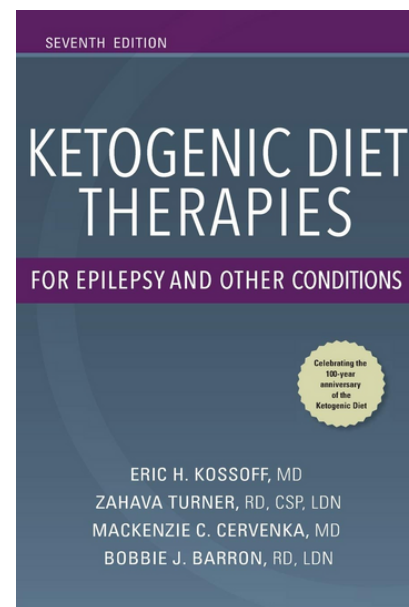
## General Ketogenic Diet Resources

### Books on Ketogenic Diet Therapy

- Ketogenic Diet Therapies for Epilepsy and Other Conditions (7th 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
- Krazy for Keto

### Websites on Ketogenic Diet Therapy

- Charlie Foundation for Ketogenic Therapies - [www.charliefoundation.org](http://www.charliefoundation.org)
- Matthews Friends Ketogenic Dietary Therapies - [www.matthewsfriends.org](http://www.matthewsfriends.org)
- Atkins for Seizures - [www.atkinsforseizures.com](http://www.atkinsforseizures.com)
- The Carson Harris Foundation - [www.carsonharrisfoundation.org](http://www.carsonharrisfoundation.org)
- Keto Hope Foundation - [www.ketohope.org](http://www.ketohope.org)
- International Neurological Ketogenic Society - [www.neuroketo.org](http://www.neuroketo.org)



A must have resource for every child on a ketogenic diet.



# KETOGENIC DIET COOKING AND RECIPE RESOURCES

## Cookbooks

- The Keto Cookbook: Innovative Delicious Meals for Staying on the Ketogenic Diet
- The Modified Keto Cookbook: Quick, Convenient Great-Tasting Recipes
- Craveable Keto: Your Low-Carb, High-Fat Roadmap to Weight Loss and Wellness
- Quick Keto Meals in 30 Minutes or Less
- Simply Keto
- The Everyday Ketogenic Kitchen
- Easy Keto Dinners
- Sweet & Savory Fat Bombs
- The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body

## Recipe Websites

- My Keto Planner: Ketogenic Diet Made Easy- [www.myketoplanner.com](http://www.myketoplanner.com)
- Keto Cook - [www.ketocook.com](http://www.ketocook.com)
- Toddler Friendly Ketogenic Recipes - <http://clarasmenu.com/>
- Ketolicious Kid - [www.ketoliciouskid.com](http://www.ketoliciouskid.com)
- Low Carb Yum - [www.lowcarb yum.com](http://www.lowcarb yum.com)
- The Ratioed Toddler - [www.theratioedtoddler.com](http://www.theratioedtoddler.com)

Note: Many keto recipe websites are not necessarily geared towards keto for epilepsy so evaluate the nutrition information from recipes closely and reach out to your keto team with any questions.

## Instructional Cooking Videos (You Tube)

- The Charlie Foundation - [www.youtube.com/user/charliefoundation](http://www.youtube.com/user/charliefoundation)
- Ajinomoto Cambrooke- [www.youtube.com/user/CambrookeFoodsInc](http://www.youtube.com/user/CambrookeFoodsInc)
- Matthew's Friends Keto Cooking Channel - [www.youtube.com/channel/UCgWjoZ\\_q2OIIIMHhyuqp4AJQ](http://www.youtube.com/channel/UCgWjoZ_q2OIIIMHhyuqp4AJQ)



# KETOGENIC DIET SUPPLIES & PRODUCTS

## Ketone Measuring

- Urine ketone strips
  - Commonly found in the "Diabetes" section of a pharmacy
  - Readily available on Amazon
  - Many brands/options available
- Cotton balls
  - Useful when collecting urine samples from patients in diapers
- Blood Ketone Meters
  - Keto-Mojo
  - Precision Xtra
  - KetoCoach
  - Kiss My Keto
  - KetoSens
  - KetoTrak
  - Keto Doc

Note: You will also need lancet devices, alcohol swabs and test strips which vary in cost with the above brands. Comparison shop in terms of cost and ask your keto team if they have any discount coupons or codes.

## Gram Scale

- Aim for a weight capacity of at least 2000 grams and be precise to the nearest 0.1 gram
- Readily available on Amazon
- Starter kits (with scale) are available from the Charlie Foundation.
- You may be eligible for a free scale from a keto formula company if using their product.

## Cooking Supplies

- Blender
- Silicone spatula & mini whisks
- Measuring cups/spoons
- Candy & popsicle molds
- Small bowls
- Silicone bakeware
- Parchment paper

Note: It is not necessary to purchase all of these items at once. These are just common kitchen tools/gadgets you may see in keto recipes.

## Keto Formula:

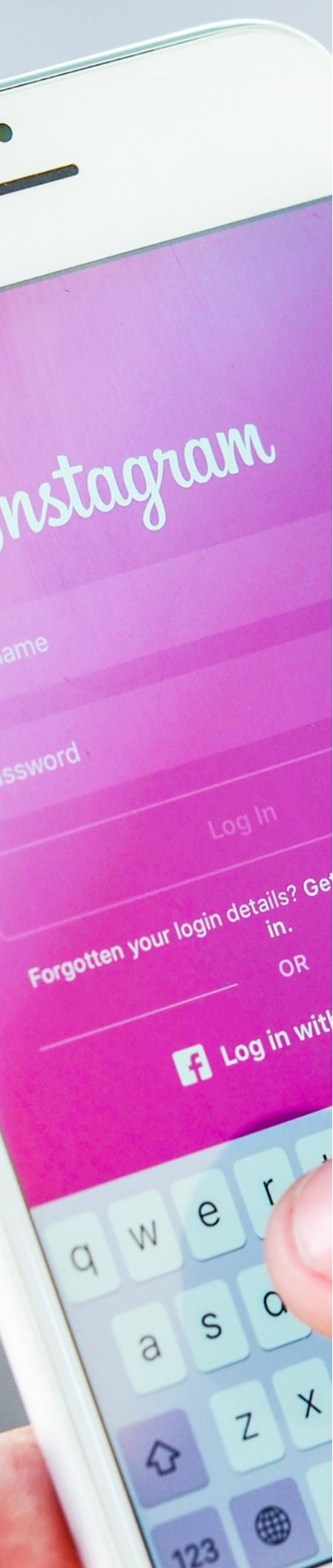
- Nutricia (KetoCal) - [www.myketocal.com](http://www.myketocal.com)
- Cambrooke (KetoVie) - [www.ketovie.com](http://www.ketovie.com)
- VitaFlo (K-Quik & K-Flo) - [www.vitaflousa.com/products/kflo](http://www.vitaflousa.com/products/kflo)
- Functional Formularies (Keto Peptide) - [www.functionalformularies.com](http://www.functionalformularies.com)

**Note:** Most companies have starter kits that provide necessary supplies as well as formula samples. In addition, they have programs to assist with navigating the insurance process and/or financial assistance options.

## Keto Products:

- Walden Farms - [www.waldenfarms.com](http://www.waldenfarms.com)
- Miracle Noodle - [www.miraclenoodle.com](http://www.miraclenoodle.com)
- Julian Bakery - [www.julianbakery.com](http://www.julianbakery.com)
- KetoVie Cafe - [www.ketovie.com/products/ketovie-cafe/](http://www.ketovie.com/products/ketovie-cafe/)
- KetoKrate - [www.ketokrate.com](http://www.ketokrate.com)

Note: This is a small list of products that are keto friendly to get you started. Many other options are available that are not listed. Always check with your keto team if these products are appropriate for your individualized case.



# 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:

@KetoQueenB(Fb) & @KetoQueen(IG)	@epilepsyfdn
@ketohopefoundation	@ketocook.dawn
@charlifoundation	@ketoliciouskid
@matthewsfriendsketogenic	@myketobutterfly
@ajinomoto_cambrooke_ketovie	@myketokid1
@ketocal	@keto4mykid
	@ketopotterrdn

## Blogs

- Oregon Keto Kids - <https://blogs.oregonstate.edu/oregonketokids/>
- Modified Mom - [www.modifiedmom.wordpress.com](http://www.modifiedmom.wordpress.com)
- Keto Connect - [www.myketocal.com/blog](http://www.myketocal.com/blog)
- KetoVie Blog - [www.ketovie.com/blog](http://www.ketovie.com/blog)

## 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

