



Welcome to the Winter 2009/2010 Edition of myKetoCommunity!

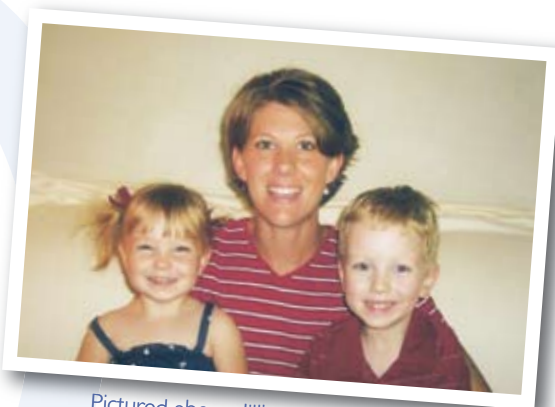
My Journey

The winter holidays are here once again! Whether your family is new to the Ketogenic Diet (KD) or you have braved this season in the past, we hope that you will find this edition of myKetoCommunity filled with new ideas and support for your families' traditions. Just because your child is following a special diet, does not mean that you have to sacrifice all of your holiday customs. Although many winter family traditions center around food, it is important to remember the non-food traditions that take place, as well. I have found that there are many acceptable compromises that can be made during this season. It may take some extra work by your family and/or your dietitian, but know this – it can be done!

My Keto Kitchen

Ahhh... the handy, dandy slow cooker! It is a tradition in my family to drag out this piece of fine kitchen equipment as soon as the first chill is in the air. How easy it is to fill up the pot with meat and veggies to feed the whole family at the end of the day. This does not work as easily, though, when you have to keep your child's foods separate. My suggestion is to purchase a very small slow cooker just for keto meals. Put all items into the pot and set it to cook. Your child can still enjoy a warm slow cooker meal, just like the rest of the family!

Please check with your dietitian to include these foods in your child's diet prescription.



Pictured above: Jillian, Robyn and AJ



Slow Cooker Beef Pot Roast Meal

- Beef Pot Roast, boneless
- Carrots, raw
- Turnips, raw (a great potato substitute)
- Beef Broth
- Oil
- A pinch of salt and onion powder

Cut and weigh all ingredients according to your child's diet prescription. Put all ingredients into a small slow cooker and heat. Cooking times will vary depending on amount of food in the pot. Remember that a roast should be heated to at least 160 degrees to be well done. A pinch of spices do not need to be calculated on the KD, but please check with your dietitian to be sure.



A great way to end a warm, cozy, hearty meal would be a refreshing peppermint candy! Calculate this recipe as a snack or part of a meal. It takes up a great majority of the fat for a meal and can be used to hide medications in a tasty holiday treat.

Peppermint Patties

- Coconut Oil
- Peppermint Flavoring
- Sweetener

Remember that coconut oil is a solid at room temperature, but it will melt quickly if it is handled for too long. Mix the keto-friendly sweetener and flavoring into the coconut oil and roll into balls or flatten into patties. Place on wax paper and refrigerate for 30 minutes or longer before eating. You may use as much sweetener as desired, but only up to 15 drops of flavorings per day for those on the KD.





Here is another delightful winter recipe that is new to the collection of KetoCal® recipes this year. One serving of soup can be incorporated into a meal or snack depending on the child's diet prescription (check with your dietitian). If you don't have KetoCal, you can contact Nutricia North America at 1-800-365-7354 to get a free sample.

Butternut Squash Soup, Classical Recipe

Kcal	CHO	Fat	Pro	Ratio
342	5.58g	34.2g	2.97g	4:1

- 1g Bouillon, Wylers Instant® Chicken granules
- 24g Olive Oil
- 12g Turnips - cooked, chopped
- 150g Water
- 31g Squash, Butternut – cooked, chopped
- 15g KetoCal 3:1 - Nutricia North America
- 10g Onions, spring or scallions (tops and bulb) - raw, chopped

Instructions:

- Heat the olive oil over medium-low heat. Add the butternut squash, spring onions and turnips and cook until soft.
- Add the bouillon to the warm water, combine to soup base and simmer; do not boil, for about 25 minutes.
- Add KetoCal and blend till smooth. Do not boil when KetoCal is in soup.
- If desired, a pinch of dried herbs may be added.

Butternut Squash, Modified Atkins Diet

(made with KetoCal 3:1)

Kcal	CHO	Fat	Pro	Ratio
229	4.38	22.19	2.97	3.02:1

- 1 ½ Tbsp Olive Oil
- 1/3 cup Squash, Butternut - cooked, chopped
- ¼ cup Turnips - cooked, chopped
- ½ cup Onions, spring or scallions (tops only) - raw, chopped
- 2/3 cup Warm water
- 3 Tbsp KetoCal® 3:1 - Nutricia North America

Instructions:

- Heat the olive oil over medium-low heat. Add the butternut squash, spring onions and turnips and cook until soft.
- Combine the warm water to soup base and simmer; do not boil, for about 25 minutes.
- Add KetoCal and blend in electric blender until smooth. Do not boil soup once KetoCal has been added.
- If desired, a pinch of dried herbs may be added.

Makes 1 serving



My Keto Food - Popcorn



One of my favorite things to do is family movie night. We snuggle up in our pajamas and slippers with a bowl of popcorn and “surprises”. Popcorn is a great addition to your child’s KD. This whole-gain treat adds extra fiber with a light crunchy texture that is different from most keto foods. Popcorn is a great tasting food that satisfies your hunger even with a small portion. Since popcorn is light and fluffy, it is good news for the KD! A few grams of popcorn weighed on a digital scale means more food in your child’s bowl. Plus, it is something that the whole family can enjoy together!

Ketogenic Diet	Modified Diet
4.2 grams, oil-popped	1 cup (8 grams), air-popped
20 calories	31 calories
1.2 grams of Fat	0 grams of Fat
2 grams Total Carb	6 grams Total Carb
:1 Ratio (with addition of 11 grams Butter)	Glycemic Load = 3

You can find more information about popcorn from the Popcorn Board at www.popcorn.org.

Of course, the treats you find as “surprises” in our families’ popcorn bowls are usually chocolatey, carby candies. Instead you can use the No Bake Fudge recipe as a nice twist on this fun tradition. Just roll the fudge into little balls and add to your child’s already calculated popcorn snack for a special surprise!

No Bake Fudge

	Calories	Fat	Protein	Carbohydrates	Final Ratio	Weight of Recipe
Made with KetoCal 3:1	303	30.4	3.8	3.6	4:1	61
Made with KetoCal 4:1	302	30.3	4.1	3.5	4:1	61

KetoCal 3:1 (g)

1.8
3
15
–
30
11
0.5

KetoCal 4:1 (g)

1.8
4.5
16
–
30
9
0.5

Ingredient

Hershey’s® Cocoa powder (unsweetened)
Coconut flour – Bob’s Red Mill® Organic
KetoCal® powder – Nutricia North America
A pinch of salt
Cream, 36%
Butter
Pure vanilla extract



Instructions

1. Mix together the dry ingredients; cocoa, coconut flour, KetoCal powder and salt.
2. Stir melted butter into cream and mix well.
3. Stir in vanilla extract and several drops of liquid sweetener.*
4. Form dough into a 3 x 2 inch rectangle on a piece of aluminum foil.
5. Refrigerate until firm, about 1 hour. Divide into pieces for snacks.

* Liquid sweeteners such as Sweet 10®, Sweet’n Low®, or Stevia®.



My Keto Research

Which is better: a 3:1 or a 4:1 Ketogenic Ratio?

This past spring I had the humble privilege of meeting and speaking with Dr. Heung Dong Kim, an experienced epileptologist from Severence Children's Hospital in Seoul, Korea. He was visiting the US and I was lucky enough to have a lovely conversation with him about the KD in Korea. They start about a hundred children on the diet every year at their facility. Yes – a hundred! Wow. They have an impressive work ethic and support for the KD as an epilepsy treatment. Dr. Kim is an author of the following article that was published in Epilepsia in 2007.



The proportion of fat to non-fat in the KD (the ratio) may be a clue to the success rate of the diet to work against seizures. Usually, the ratio of the diet is increased over a period of time in hopes that a higher ratio will produce higher ketones and better seizure control. The Modified Atkins Diet (MAD) is similar to a 1:1 ratio and is generally tolerated without nausea and negative side effects in comparison to a higher 4:1 ratio of the KD. So which is better? A higher or lower ratio?

PURPOSE: To compare the effectiveness and toleration of the 3:1 and 4:1 ratio of the KD.

METHODS: In this study 76 children with intractable epilepsy, who failed at least 3 medications and had more than 4 seizures per month, were started on the KD at either a 3:1 or a 4:1 ratio. After 3 months, they were evaluated. Children that became seizure-free on a 4:1 ratio weaned to a 3:1 ratio. Children that still had seizures on a 3:1 ratio increased to a 4:1 ratio.

RESULTS: Side effects of the KD between the two groups were not significant.

Ten children out of the 22 patients (45%) in the 4:1 ratio group became seizure-free. Even after switching to a 3:1 ratio after 3 months, they still remained seizure-free. Two of these children started to tolerate the diet better on the lower ratio with less nausea, vomiting and constipation.

Eleven of the 36 patients (31%) in the 3:1 ratio group became seizure-free. After switching to the higher ratio, an overall 75% of patients had less seizures of more than ½ the amount they started with. However, there was an increase in negative GI symptoms when increasing the ratio of the diet.

DISCUSSION: “We therefore recommend the use of the 4:1 KD for improved efficacy, with consideration of the 3:1 diet in patients who do not easily tolerate the 4:1 KD and who suffer severe GI disturbances.”

Seo JH, Lee YM, Lee JS, Kang HC, Kim HD. Efficacy and tolerability of the Ketogenic Diet according to lipid:nonlipid ratios – Comparison of 3:1 with 4:1 diet. Epilepsia. 2007 Apr;48(4):801-5.



A quarterly e-newsletter to help support families on the ketogenic diet

My Keto Events

As 2009 is wrapping up, there is not much to report on upcoming events that you can support at this time. Instead, here is list of websites you can visit to stay in touch with upcoming events in the world of epilepsy and diet therapies for epilepsy that are near your home.

- www.charliefoundation.org
- www.cureepilepsy.org
- www.epilepsyfoundation.org
- www.epilepsyoutreach.org
- www.matthewsfriends.org

If you would like to advertise your event in this newsletter, please contact us at myketocommunity@myketocal.com.

MyKetoCal Resources

Nutricia North America, makers of KetoCal, is committed to providing the products and tools to help simplify the ketogenic diet. Visit our website, www.myKetoCal.com to see our new recipe section featuring KetoCal recipes that fit both the Classical (KD) and Modified Atkins Diet (MAD) versions of the ketogenic diet therapy.

New Classical Recipes!

- Savory Crackers
- Cauliflower and Cheese
- Curry
- Cheese Pizza

New Modified Atkins Section and Recipes!

- All classical recipes now available in MAD format

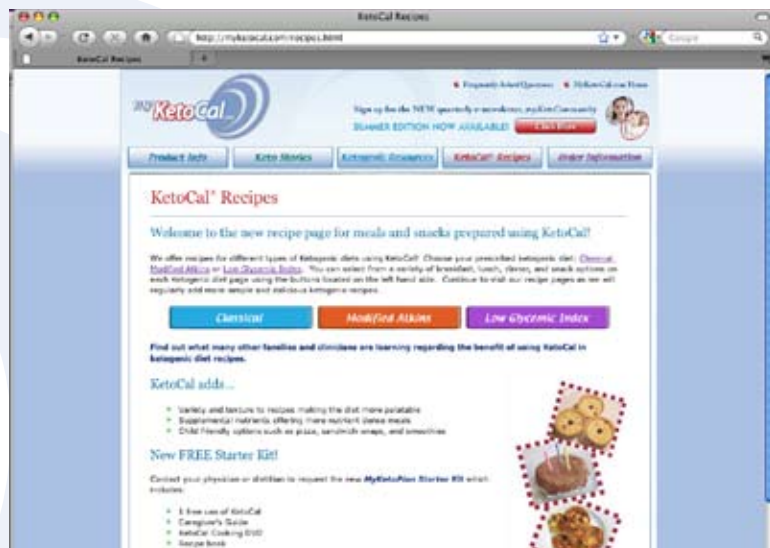
My Keto Question

Besides your digital gram scale, I'm sure there is that one piece of equipment that you cannot live without since your child started on the KD. You do not travel without one and you might even own a couple of them, for that "just in case" moment.

What keto gadget do you use most often?

- A. Heavy cream whipper
- B. Spatula
- C. Small omelet pan
- D. Small ceramic dish
- E. Other: _____
(please share your idea)

Please let us know your answer to this poll at myketocommunity@myketocal.com especially if you want to tell us about your keto gadget that did not make the list.





KetoCal Single Can Purchase and Special Pricing Extended!

- You can purchase just one can of KetoCal, 4:1 or 3:1 by purchasing KetoCal direct from Nutricia North America with discounted pricing extended to March 2010!

Nutricia North America Cooking Tour 2010 - Cooking with KetoCal!

- Locations and dates are being confirmed for the month of March and April.
- Please visit our website for updates on locations. This is a great opportunity to learn how to cook with KetoCal! Professional chef, Neil Pallister-Bosomworth, will teach you how to make pizza, curry, crackers, and more. Don't miss it!!

Calling all Parent Support Groups!

- Parent Networking is so important and helpful, especially for new Keto Families. If you are involved in (or in charge of) a Keto Support group, email us at myketocommunity@myketocal.com with your group information and we'll add you to our map so new Keto Families can join your group!

Cooking with KetoCal just got easier...

**NOW AVAILABLE:
KetoCal for purchase by the single can!**

Take advantage of our special pricing
NOW EXTENDED THROUGH MARCH 2010!

Nutricia North America is pleased to announce that you can purchase KetoCal 4:1 and KetoCal 3:1 in individual cans. Now when you're using KetoCal for cooking or as a simple meal replacement, you can purchase just what you need!

Product	Code	Special Introductory Price Per Can (300 g)	Regular Price* Per Can (after special introductory price)
KetoCal 4:1	16670-1	\$24.50	\$33.00
KetoCal 3:1	16672-1	\$24.00	\$32.00

*Includes shipping and handling.

This special pricing and single can order option is only available to consumers who purchase directly through Nutricia North America. Orders may not exceed 4 cans per order. To place your order, call Customer Service at 1-800-365-7354.

A dietitian's medical consent must be provided prior to placing an order. (Consent form is downloadable @ www.myKetoCal.com/resources.html).

NUTRICIA Advanced Medical Nutrition

KetoCal...the ingredient that makes keto foods delicious!
To learn more about MyKetoPlan, contact Nutricia North America
USA: 1-800-365-7354 • Canada: 1-877-636-2283 • www.MyKetoCal.com

KetoCal

Epilepsy Controlled. Childhood regained.
www.MyKetoCal.com