



# Your Guide to Understanding the Medical Ketogenic Diet and Talking with your Neurologist

The medical ketogenic diet for intractable epilepsy is intended for use under medical supervision. This guide was created to support your conversation about the medical ketogenic diet with your neurologist to see if the medical ketogenic diet is right for you. Prior to your appointment, we recommend completing the questionnaire included in this guide and discussing your responses with your provider.

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**KetoCal<sup>®</sup>**

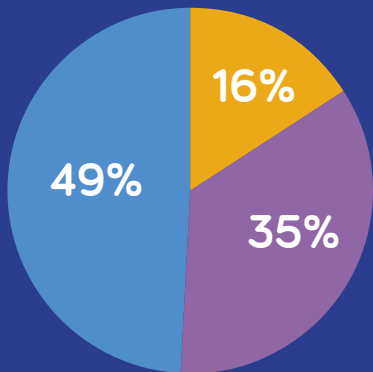
# MEDICAL KETOGENIC DIET FACT SHEET

## What is the medical ketogenic diet?

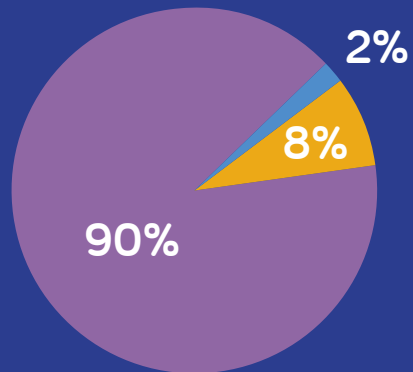
The medical ketogenic diet is a high fat, adequate protein and low-carbohydrate diet for children and adults to manage:

- Refractory epilepsy (after 2-3 antiepileptic drugs have failed to control seizures)
- Glucose transporter type 1 deficiency syndrome (Glut1DS)
- Pyruvate dehydrogenase deficiency (PDHD)
- Various other conditions for which the medical ketogenic diet is indicated

Typical  
American  
Diet



Classic  
Ketogenic  
Diet

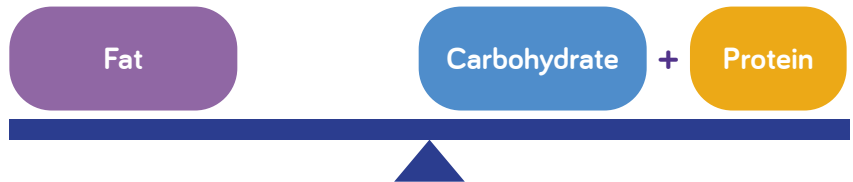


Carbohydrate  
Protein  
Fat

## What is the ketogenic ratio?

The medical ketogenic diet is calculated based on a ratio of the grams of fat compared to the grams of protein + carbohydrate, known as the “ketogenic ratio”. The most commonly used ketogenic ratios are **4:1** and **3:1**, however, your healthcare provider will select the best ratio for your diet.

### The Ketogenic Ratio



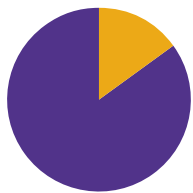
### Seizure Control on the Medical Ketogenic Diet



Over half of individuals will have at least 50% seizure improvement



1 in 3 will have at least 90% seizure improvement



10-15% will become seizure-free

## How effective is the medical ketogenic diet?

Research shows that over half of individuals with refractory epilepsy will have at least 50% seizure improvement on the medical ketogenic diet.



## What are the different types of medical ketogenic diets?

Your healthcare provider will work with you to select the most appropriate medical ketogenic diet. This table helps to compare the different types of diets.

	DIET DESIGN	FOOD MEASUREMENT	DIET INITIATION
<b>Classical Ketogenic Diet (cKD)</b> <i>Est. 1921</i>	According to a ratio of the grams of fat compared to the grams of protein plus carbohydrates; Usually 4:1 or 3:1	Gram scale	Usually inpatient
<b>Modified Ketogenic Diet</b> <i>Est. 2019</i>	Can be combination of modified Atkins and other diet variant or lower ratio classic ketogenic diet. Carbohydrate restricted and fat encouraged, including MCT	Gram scale & Household measures	Usually outpatient
<b>Medium-Chain Triglyceride Ketogenic Diet (MCT KD)</b> <i>Est. 1971</i>	According to the percentage of calories coming from MCTs, usually 30-60%	Gram scale preferred & Household measures accepted	Usually inpatient
<b>Modified Atkins® Diet (MAD)</b> <i>Est. 2002</i>	According to carbohydrate restriction; Usually limited to 10-20 grams/day	Household measures	Usually outpatient
<b>Low Glycemic Index Treatment (LGIT)</b> <i>Est. 2002</i>	According to the glycemic index of foods	Household measures	Usually outpatient

## How long do individuals need to stay on the medical ketogenic diet?

It is generally recommended that the medical ketogenic diet be tried for at least 3 months to see whether it will be successful. While some individuals see improvements soon after starting the medical ketogenic diet, others may require some time and diet adjustments to see the benefits. Try not to be discouraged if you don't see success right away.

- For individuals with refractory epilepsy who are successfully managed by the medical ketogenic diet, your healthcare provider may recommend weaning from the diet after 2 years.
- For individuals with Glut1DS or PDHD, the diet is usually used for a much longer period, typically throughout childhood and adolescence, and often times for life.

## Is there anything that can help make the medical ketogenic diet easier to follow?

The KetoCal® portfolio consists of powdered and ready-to-drink medical foods that can help make following the medical ketogenic diet easier. Ask your doctor about KetoCal today and visit **MyKetoCal.com** to request a **FREE sample** and learn more.

## Are there any side effects with the medical ketogenic diet?

The most commonly reported side effects are gastrointestinal disturbances such as constipation, nausea, vomiting, or diarrhea. Most side effects can be managed easily.

## Is there any special testing or monitoring required?

After starting the medical ketogenic diet, you will meet regularly with your physician and/or dietitian to ensure that nutrition needs are fully met, and to monitor for potential side effects. Monitoring with routine laboratory tests and adjustments to the diet may occur with each follow-up with your healthcare provider.





# Where can I learn more about the medical ketogenic diet?

Your healthcare provider will provide you with more information about the medical ketogenic diet. You can also find information on the following sites:

[MyKetoCal.com](#) | [CharlieFoundation.org](#) | [Epilepsy.com](#) | [KetoHope.org](#) | [MatthewsFriends.org](#)



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# NEXT STEP: TALK TO YOUR NEUROLOGIST

- Could the medical ketogenic diet be an option for you?
- Are you happy with your current seizure control?

Use these questions to start a conversation with your doctor and discuss the next steps toward starting your medical ketogenic diet journey.

## I am currently having seizures:

☐ Yearly   ☐ Monthly   ☐ Weekly   ☐ Daily

## I am currently taking \_\_\_\_ antiepileptic drugs (AEDs):

☐ 0-1   ☐ 2-3   ☐ More than 3

## I have tried a total of \_\_\_\_ antiepileptic drugs (AEDs) with limited or no success:

☐ 0-1   ☐ 2-3   ☐ More than 3

## I am currently \_\_\_\_ with my level of seizure control:

☐ Completely satisfied   ☐ Somewhat satisfied   ☐ Unsatisfied

## I would like to explore the medical ketogenic diet to see if it can help me with seizure control.

☐ Yes   ☐ No

## Does my neurologist/epilepsy center offer the medical ketogenic diet?

☐ Yes   ☐ No

## If my neurologist is not currently offering the ketogenic diet for patients, I would like a referral to a medical ketogenic diet provider nearby.

☐ Yes   ☐ No

A map of nearby medical ketogenic diet providers can be found on [MyKetoCal.com](#)

For any questions please reach out to [myketocal@nutricia.com](mailto:myketocal@nutricia.com)

1-800-365-7354 | [MyKetoCal.com](#)

This information has been provided for your education and to help guide your communication with your health care team. This document is not intended to serve as a diagnosis or to provide any type of medical advice.

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