

## CONSIDER A KETOGENIC DIET FOR YOUR BABY

You may have seen the ketogenic diet mentioned as something that can help infantile spasms.

Since 2001, there have been approximately 20 studies that show the ketogenic diet can help some patients in the treatment of infantile spasms and may help reduce and stop spasms in some patients more than medicine alone.



Talk to your pediatric neurologist and ask if a ketogenic diet may be appropriate for your baby.

## A DIETICIAN WILL GUIDE YOU



If your neurologist recommends a ketogenic diet for your baby, you will work with a dietitian. Both solid foods and formula must be weighed and measured, and must be given in specific amounts.

Follow the instructions of your dietitian, who will calculate the ratio of fats to protein and carbs, portion sizes, calories, and fluids, as well as vitamins to give to supplement your baby's nutrition.



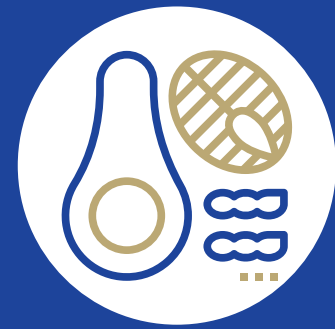
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# WHAT IS THE KETOGENIC DIET?

Meals that follow this diet are made up of high fats, the proper amount of protein, and low carbohydrates.

**90%** of the calories eaten are from fat



Your dietitian will create a diet appropriate for growth that fits your baby's likes, dislikes, and eating habits.

## FOR BABIES EATING SOLID FOOD

Foods such as heavy whipping cream, mayonnaise, butter, and oils make up a large portion of a meal's calories.

### FATS



cream  
butter  
margarine  
oils  
mayonnaise  
salad dressings  
nuts  
nut butters  
avocado

### PROTEIN



poultry  
red meat  
fish  
cheese  
eggs  
nuts

### CARBS



vegetables  
fruits

## FOR BABIES WHO ARE NOT YET EATING SOLID FOOD

There are special powder formulas that are mixed with water.

### FORMULAS



Several available in the United States.

Most are milk based, but there are products for babies who are lactose intolerant.

These formulas are nutritionally balanced, and are also appropriate and effective in babies who are on solid foods.



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