

KETO NEWS

Medical University of South Carolina

Summer Edition 2017

Keto Travel Tips

Planning a vacation or a road trip is stressful with any child even under the best of circumstances. Regardless if you are a seasoned veteran or new to “ketoland”, planning a trip while on a ketogenic diet is added stress and requires greater planning.

Outlined below are a few travel tips to help start the organization process.

- Ask your dietitian a few weeks before your trip for a letter of medical necessity if you plan to fly with food and/or drinks that exceeds greater than 3 ounces.
- Pack your scale or measuring devices in your carry-on, just in case your airline is delayed or your flight exceeds projected travel time.
- Recommend purchasing TSA Pre-Check. Less disassembly in the front end means less reassembly on the back end.
- If you plan to stay in a hotel, ensure that it has a refrigerator. That way you can prep foods the night before to eliminate distraction from any fun events planned.

Theme parks will accommodate special medical requests including ketogenic foods and formulas. Ask your team for a letter of medical necessity for clearance into the park with outside food and drink.



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Ketogenic diet therapy is expanding and can potentially treat multiple disease states.



Ice cream is a summer must-have and can easily be made ketogenic.

4th of July/ Memorial Day Celebrations

Planning on attending or throwing a holiday party this summer? Looking for some cool treats for your keto kid to enjoy! Check out the following links to get some ideas on 4th of July and Memorial Day dessert options.

[Blueberry Smoothie](#) (MADE)

[Blueberry Smoothie](#) (3:1)

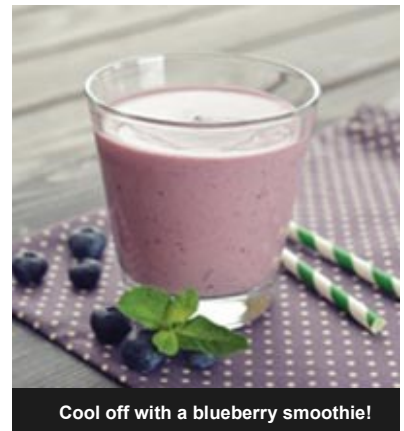
[Creamy Gelatin](#) (MADE)

[Creamy Gelatin](#) (3:1)

[Popsicles](#)

[Berry Trifle](#) (3:1)

Note: Some of these options require KetoCal® 4:1 Liquid and KetoCal® 3:1 Powder. If this is not already a part of your ketogenic diet, please ask your ketogenic dietitian for a sample and assistance with how to get this product.



Cool off with a blueberry smoothie!

Featured Recipe:

Ingredients:

58 grams or 2/3 cup KetoCal® 3:1 Powder
10 grams or 2 Tbsp cocoa powder, unsweetened
195 grams or 3/4 cup + 1 Tbsp water
95 grams or 1/3 cup + 1 Tbsp whole milk
25 grams or 1 Tbsp + 2 tsp light whipping cream
Carbohydrate-free sweetener

Directions

Mix the KetoCal® 3:1, cocoa powder, water, cream and option carb-free sweetener to a container. Place container in the freezer for 20 minutes. Remove from the freezer and stir mixture until smooth. Repeat the process two more times than leave in the freezer.

Tips: Need a higher ratio or prefer a different flavor of ice cream? Options for 3:1 and 4:1 ratios along with strawberry and vanilla flavors can be found [here](#).

Nutrition Facts

Servings 1: 2:1 ratio; Calories 582; Net Carbs 13 grams; Protein 14 grams; Fat 52 grams

Lab Reminder

Most patients need ketogenic diet labs done every 3 months in order to prevent or treat any side effects and to make sure you are obtaining the full benefit of the diet.

If you have not done your labs in more than 3 months, please contact us at 843-792-3307 to see what labs are needed at this time.

Bites from Banff

Check out some highlights and summaries from the 5th Global Symposium on Ketogenic Diet Therapies that was held in Banff last fall.



The crackers are a great option for all ages including toddlers and infants ready to try solids.

Keto Bakery Launches Cheddar Crackers and Bread Mix

The Keto Bakery is located in Charleston, SC and is a 501(c)(3) non-profit organization that is one of the main initiatives of the [Keto Hope Foundation](http://www.ketohope.org). Recently they launched a delicious cheddar cracker which will satisfy any cheese lovers palate. These crunchy crisps are a 2:1 ketogenic ratio and contain 2 grams of net carbohydrates per serving.



The bread mix is an easy, dry mixture that contains nut flours and flaxseed meal that bakes into a savory loaf bread by adding eggs and butter. The recipe makes approximately 10 slices of bread at a 3:1 ratio with 1 gram of net carbohydrates per slice.

For more information about their products including full nutrition and ingredient information visit www.ketohope.org.



Modified Atkins Diet May Reduce Seizure Frequency in Doose Syndrome

Monoclinic atstatic epilepsy (MAE) or Doose syndrome is a rare form of pediatric epilepsy that is often refractory to medications. A recent study published in *Epilepsia* found that the modified Atkins diet (MAD) may be an effective treatment for MAE with 83% of participants achieving more than 50% seizure improvement and 47% achieving seizure freedom.

Dr. Weimer-Kruel based in Kehl-Kork, Germany and colleagues analyzed data from 30 children with MAE with various seizure types who had previously failed to achieve adequate seizure improvement with medications. At 12 months of MAD therapy, 80% of patients were still seeing improved seizure control.

The modified Atkins diet approach can be a good option for picky eaters of all ages, older children/adolescents and individuals searching for an easier to administer, less restrictive approach to ketosis. For this particular study, the efficacy of MAD was nearly equivalent to the “classic” approach and better tolerated. In addition the researchers found no negative interactions or impact on the continued use of medications in this population indicating the diet could be used in conjunction with the first-line medications for MAE without difficulty.

At MUSC, we offer the “classic” ketogenic diet, MAD and low glycemic index treatment. It is very possible to transition patients between the different diet options based on patient changes and family needs. For example, infants are great candidates for the “classic” ketogenic diet but as they enter toddlerhood, the MAD may be a better choice to combat the picky eating of this age group. Feel free to talk to your dietitian about the nutrition options at your facility.

Reference: Wiemer-Kruel A, Haberlandt E, Hartmann H, et al. Modified Atkins diet is an effective treatment for children with Doose Syndrome [published online February 23, 2017]. *Epilepsia*. Doi:10.1111/epi.13701

Patient Spotlight

We are looking for patient stories for upcoming newsletters. If you or your child is on a ketogenic diet and would like to be featured in our next newsletter, please let us know.

E-mail Reminder

As a reminder, personal e-mails are not monitored on a regular basis.

Please never send urgent information in a personal e-mail. Please utilize My Chart or the phone system for any questions or concerns so that a member of our team can get back with you quickly. If you need help setting up your My Chart, please ask at your next visit.

Contact Us

Give us a call with any questions or concerns about ketogenic diet therapy.

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