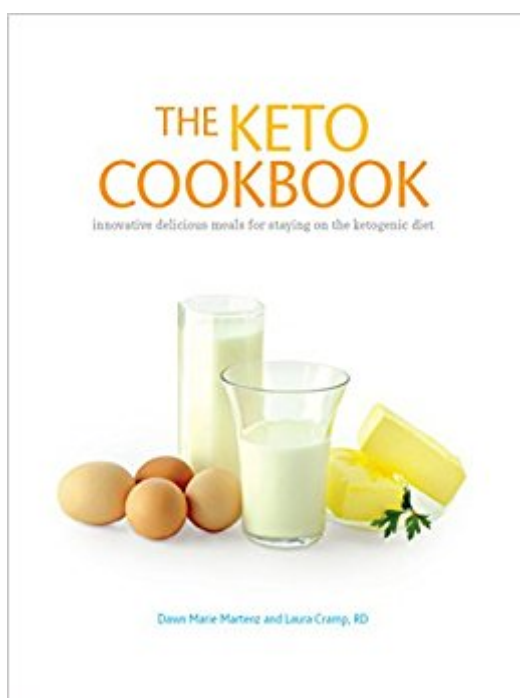


The book was found

The Keto Cookbook: Innovative Delicious Meals For Staying On The Ketogenic Diet



Synopsis

The Keto Cookbook is for those using the ketogenic diet to treat pediatric epilepsy and other neurologic conditions. Each of the 96 recipes for breakfast and brunch, appetizers and snacks, lunch, dinner, and sweets and treats, are compliant with the Keto Calculator and therefore ingredient portions are provided in grams. The ketogenic diet, which is very high in fats and low in carbohydrates, was first developed almost 80 years ago. It makes the body burn fat for energy instead of glucose. When carefully monitored by a medical team familiar with its use, the diet helps two out of three children who are tried on it and may prevent seizures completely in one out of three. It is a strict diet, and takes a strong commitment from the whole family. The ketogenic diet is not a do-it-yourself diet. It is a serious form of treatment that, like other therapies for epilepsy, has some side effects that have to be watched for. The book includes a 16-page color insert illustrating each recipe. Since many children start the Keto Diet before they speak, the pictures of the meal and snack options allow children to choose what they want, helping overcome food refusal due to lack of variety of foods and/or child's loss of control over food options. This book provides parents and children with options that have been tested and are kid- and Registered Dietitian- approved. Features of The Keto Cookbook include: 96 kid and dietitian tested and approved recipes for the keto diet presented in full color Recipes are coded by symbol to indicate personality type and cooking times Allergy information for the eight most common allergens Practical suggestions to help people "keto-proof" their life, from the kitchen, to the car, to the classroom. Four sample shopping lists and vacation guidelines will help families prepare for the unexpected Sample forms for the Transportation Safety Agency, School/Daycare Center, and Emergency Room/Primary Physician"

Book Information

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Diets & Weight Loss > Ketogenic #78 in [Books](#) > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

Customer Reviews

Dawn Martenz is the mother of a child on the Ketogenic diet. She ended up at the Children's National Medical Center in DC after she went through tireless trials of different combinations of Anti-Epileptic Drugs. Her child lives with Dravet's, a severe myoclonic epilepsy found in infancy. Laura Cramp, RD, LD, CNSC works at the Children's National Medical Center, Washington, DC. She manages the dietician staff, performs daily patient assessments, evaluates the menu and educates the medical and food service staff on pediatric nutrition and the Ketogenic Diet. She is in charge of outpatient use of the Ketogenic diet.

We've found it's easy to get stuck in a rut while doing the ketogenic diet with our 2 year old. We find a couple meals she likes, then we stick with it for months until she's tired of it. Dawn's book helps us break that cycle by offering some really inventive recipes to use. I can tell she's invested a lot of time exploring different meals during her own keto experience. With this book, she shares that experience with us. I think the book's layout is good. There are basically two tables of contents, one with meal titles and another of pictures. My wife and I get lots of recipe inspiration from this book, and are personally inspired by Dawn's life.

I discovered Ketocook just as my daughter was starting her keto journey in June 2012. Compared to the recipes our dietician had provided us, of the meat/vegetable/oil variety, these recipes were just a godsend. The bake and freeze pizza is one of my daughter's favorites, though it is very cumbersome to make. I do agree with Debbie B's review below that some of the ingredients aren't ideal for an epileptic, but many recipes can be modified in the ketocalculator (example: instead of Hellman's use Trader Joe's organic or Spectrum brand Mayo).

I really liked using this cookbook. Then, I encouraged its used and loaned it to friends...who never returned it because it was so useful!!! There was a cracker recipe in their that my kids really liked.

Thank you for such a wonderful book. I have a granddaughter who has been on the ketogenic diet for the past year. I have struggled to understand the diet, along with its exacting details of fats, proteins and carbs, weighed out in grams, in a 4 to 1 ratio. This book clearly provides menus and

wonderful pictures of food (for breakfast, lunch and dinner), already balanced in proper ratio. (4:1). I have purchased this book, not only for myself but for my family so that when our granddaughter visits, we can properly feed her. This book helps one realize that the diet is essentially medicine, not just food when properly calculated in calories, & grams of protein, fat and carbs. I know that many families and especially, moms, will be well served by this book. The other review was off base. I checked the index. It does seem to be out of sync and should be fixed by the publisher. However, the Table of Contents and the pictures of food do sync with the proper pages and menus described. It is silly to judge a book by its index and not content. As I said, this book will be a god-send to families with an epileptic disorder.

great book for parents who are starting keto. My son is on MAD and I highly recommend this book - by it before you start the diet, it really helps you see how you can really make it work.

Ketogenic diets were very commonly used in the 1920s for epilepsy. Now, even at Yale hospital, the pediatricians are returning to ketogenic diets. Ketones are good for Alzheimers and Parkinsons. Coconut oil is ketogenic, also.

This book is beyond amazing! These recipes are so kid friendly and even I would eat them. I was so sad for my child when reading a keto introduction book because the meals seemed so unappetizing, but who wouldn't want to eat a fudge popsicle for lunch!

My daughter is currently on the Keto diet for control of seizures. She was getting tired of the same foods so I decided to get this book and try some of the recipes to give her a change and she loves it.

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