

CAREGIVER TIPS

MAKE MANAGING THE MEDICAL KETOGENIC DIET EASIER

Check out these tips and more at MyKetoCal.com/KetoCalConnect



1. HAVE THE RIGHT TOOLS

Having the right tools can make all the difference for keto cooking. Below are some of the essentials.

- **Gram scale:** The most essential tool for weighing foods
- **Many small dishes for weighing:** Perfect for weighing small amounts of foods for recipes
- **Small silicone spatulas:** Helps to get every bit of food from the dish
- **Mini whisks:** Easy to whisk small amounts of food
- **Silicone bakeware:** Helps keep the fat in the food



2. MAKE KETO MEALS EXTRA SPECIAL

- Special plates, bowls, straws, etc. can go a long way in making keto meals and drinks fun and appealing.
- With young children, many parents find it helpful to present the ketogenic diet to their child as a special “princess diet” or “super hero diet” just for them.



3. MAKE KETO VERSIONS OF YOUR FAVORITE FAMILY MEALS

Many keto meals can be made similar to meals the rest of the family enjoys! This makes it so everyone can eat at the table together with a meal that looks similar.

- Serve a KetoCal® pizza on family pizza night!
- Try our tasty cauliflower & cheese recipe in place of mac & cheese!



4. LEAN ON YOUR KETO DIETITIAN

- If you are bored with your current recipes, ask your dietitian for new recipes!
- If you find keto recipes online, ask your dietitian to adjust them so they work for your nutritional needs and ratio.



5. HAVE A BACK-UP PLAN FOR UNEXPECTED SITUATIONS

We don't have to tell you that life can be unpredictable. Having **KetoCal® 4:1 LQ** on hand is a great way to ensure that you have a meal or snack available for unexpected situations like traffic jams, lost lunch boxes or last-minute babysitters.



6. PLAN AHEAD FOR PARTIES AND SOCIAL GATHERINGS

- Send or bring along a keto-friendly meal or treat to enjoy.
- When possible, check with the host about which foods will be served so that you can make a keto-friendly version.
- For parents, explain your child's ketogenic diet to the adults, so that everyone knows not to offer your child foods that might be tempting.
- If your child is old enough, talk with him or her ahead of time so that they know to only eat the food that you have provided.



7. EMBRACE NON-FOOD TREATS

While it's possible to make keto-friendly treats, oftentimes a non-food treat is just as exciting.

- Inexpensive toys like bubbles, pencils, stamps, or stickers are always a hit!
- Perfect for Valentine's Day, Easter, Halloween or other holiday treats!

