A white notepad with a yellow pencil and a bowl of food. The notepad is open, showing a blank page. The pencil is yellow and lies diagonally across the page. Below the notepad is a bowl of food, including a piece of salmon, a tomato, an avocado, and some berries.

My KETO DIARY

This information is intended for patients referred to a tertiary centre for consideration of Ketogenic Dietary Therapy.
The KetoCal range are Foods for Special Medical Purposes for the dietary management of drug resistant epilepsy and must be used under medical supervision.

STARTING KETOGENIC DIETARY THERAPY!

Your neurologist has recommended that you start ketogenic dietary therapy on a 3 month trial to manage your epilepsy. An exciting new phase is about to start in which you will learn and experience change. You will learn about **nutrition, calculating meals** and how you **can prepare tasty dishes**.

Every new beginning can bring challenges and starting the ketogenic diet is no different. The initial phase will likely involve some trial and error as you adjust to the diet. **But you are not facing this challenge alone!** You have an experienced epilepsy team consisting of the neurologist, dietitian and sometimes a nurse who will support you. There are also useful resources such as **ketogenic calculation programmes, booklets and websites full of tips and recipes**.

My Keto Diary will help you **during the first 3 months of ketogenic dietary therapy**. You will keep track of what you experience whilst trialling ketogenic dietary therapy. This is important as it will enable you and your epilepsy team to evaluate and appreciate the effect of your 3 month ketogenic diet therapy trial. My Keto Diary also gives you handy tips and ideas!



ACKNOWLEDGMENTS

We would like to acknowledge the advisory support we received from The Barberry, Bristol Royal Hospital for Children, Birmingham Women's and Children's Hospital, Cambridge University Hospitals NHS Foundation Trust, The North of Scotland Ketogenic Diet Centres, Royal Manchester Children's Hospital and Sheffield Children's NHS Foundation Trust in the production of this resource.

NUTRICIA KETOGENICS

Nutricia Ketogenics is a **pioneer in ketogenic dietary therapy**. Our mission is to ensure Ketogenic diet therapy is accessible to all patients who may benefit from it whilst providing products and services to help make the ketogenic diet easier and more convenient.

We know that the daily implementation of ketogenic diet therapy can sometimes be challenging. We have developed My Keto Diary **together with neurologists and dietitians in order to support you on your ketogenic journey**.

HOW TO USE MY KETO DIARY

My Keto Diary will help you during the **first 3 months** of ketogenic dietary therapy. We recommend you spend just a few minutes filling it in each day. Do not worry if you skip a day or you don't fill something in. However, the more information you are able to write down, the more valuable it will be when you look back at your experience with your epilepsy team. This will enable you to make better decisions together about the future in relation to your epilepsy.

You will **keep track of 4 things** in My Keto Diary: ketone and glucose levels, epileptic seizures, how you are doing and your thoughts about the past week, in relation to your ketogenic diet therapy.

1. Epileptic seizures

On the next page of My Keto Diary, you and your neurologist or epilepsy nurse will **assign a different letter to the different types of epileptic seizures** that you can experience. Each type of seizure gets its own letter: A, B, C, D or E. In My Keto Diary you can indicate every day what type of seizure(s) you have experienced and how many.



Underneath the table, you can add up the total number of seizures per week, per type of seizure. For example:

TYPE A	TYPE B	TYPE C	TYPE D	TYPE E

2. Ketone and glucose levels

You can add up to **2 ketone and 2 glucose levels per day** at a time agreed with your epilepsy team i.e in the mornings or afternoon.

3. This is how you are doing...

Wherever possible, try and answer the question of the day. The subjects are varied and can be interesting to think about. You can write down anything that is important to you in relation to your ketogenic diet journey.

4. We thought that this week...

This is where you can indicate **your thoughts and feelings about the week**, in relation to your ketogenic diet therapy. Draw a smiley or upside-down smiley face.



Various pages in My Keto Diary also contain spaces where you can write something down. For example, something that you are proud of, what you have learnt or your favourite recipes. It's **your Keto Diary** so you can write down anything you want in order to refer back to it later on.



MY KETOGENIC MANAGEMENT TEAM

NAME	TELEPHONE NUMBER	E-MAIL ADDRESS

TYPES OF EPILEPTIC SEIZURES

(fill this in together with your neurologist!)

Type A :

.....

Type B :

.....

Type C :

.....

Type D :

.....

Type E :

.....

GETTING STARTED WITH KETOGENIC DIETARY THERAPY



My thoughts and feelings about the ketogenic diet:

.....

What I hope to achieve with ketogenic dietary therapy:

.....

The total number of seizures per typical week that I have is approximately:

Type A: Type B: Type C: Type D: Type E:

The following is important for my quality of life:

.....

IN THE PAST MONTH, MY AVERAGE QUALITY OF LIFE SCORE IS:

(1 = very poor, 5 = very good)

- ✓ Epileptic seizures 1 2 3 4 5
- ✓ Physical (for instance pain, bowel movement, nausea) 1 2 3 4 5
- ✓ Social & emotional (for instance contact with others, mood) 1 2 3 4 5
- ✓ Behaviour (e.g. passionate, cooperative) 1 2 3 4 5
- ✓ Cognitive (e.g. alertness, speech/language, memory) 1 2 3 4 5

Week 1 TIPS & PERSONAL NOTES



Everything is new in the first week and you may feel uncertain. Your dietitian has explained a lot to you and given you all the information you need. Now you get to put it into practice yourself, which is quite exciting!

You will almost certainly have questions and you may want to consult fellow people in the same situation as you. Do get in touch with Matthew's Friends for extra support.

www.matthewsfriends.org
www.thedaisygarland.org.uk

There are also closed Facebook groups of people who have experience with ketogenic diet therapy for refractory epilepsy.



My experiences this week:

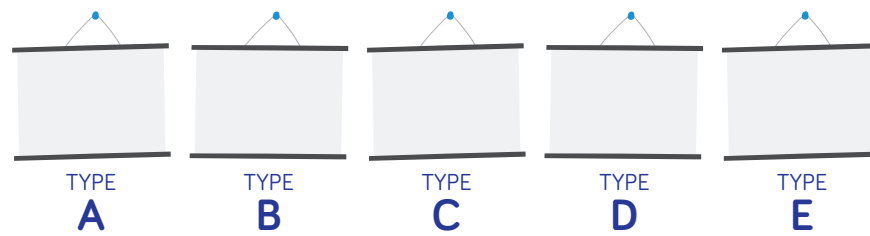
Direct or indirect relation to my ketogenic journey

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- 3
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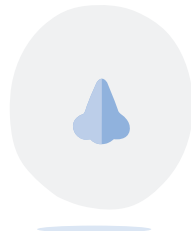
EPILEPTIC SEIZURES

DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:



Overall, my experience this week was...



Draw a facial expression here that fits your week's mood

HOW I AM DOING THIS WEEK

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Today, the score for my quality of life is: (circle a number between 1-10, where 1 is very bad and 10 is very good). 1 2 3 4 5 6 7 8 9 10
	When I was making a ketogenic meal today I thought: _____ _____ _____
	When I discuss ketogenic diet therapy with others, for example with family or friends, I notice: _____ _____ _____
	I did this today for the first time : _____ _____ _____
	When I see how I interact with others, I see: _____ _____ _____
	The influence of ketogenic diet therapy on my own quality of life is: _____ _____ _____
	Today, my experience of my ketogenic meal was: _____ _____ _____

W1

Week 2

TIPS & PERSONAL NOTES



Have you received a copy of the 'What is Ketogenic Diet Therapy' pocket book from your dietitian? This handy booklet contains an overview of ketogenic diet therapy that might be helpful to explain to others.

Tip: ask for a few extra booklets, as required so that you can share them with family members, your carer, friends, work colleagues etc. This way they will also understand why you have started ketogenic diet therapy and and will be better able to support you.

I find this tricky:



My experiences this week:

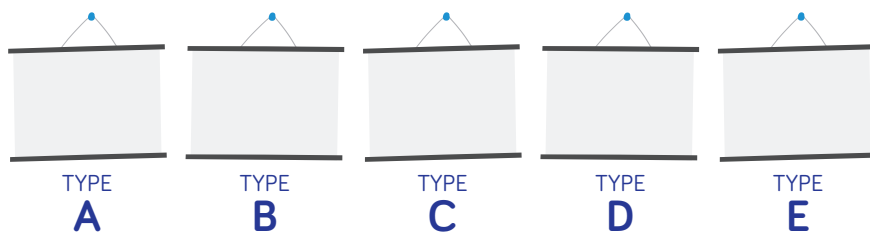
Direct or indirect relation to my ketogenic journey

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- 7

EPILEPTIC SEIZURES

DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:



Overall, my experience this week was...



HOW I AM DOING THIS WEEK

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Does ketogenic dietary therapy make me feel different from others? If so how?
	Do I see my concentration or attention changing? If so how?
	Do I feel my emotions and mood are changing? If so how?
	Do I feel that I am changing socially when interacting with others?
	Have I experienced any physical discomfort (such as abdominal pain, constipation or nausea)?
	Do I see changes in my behaviour ? If so what changes?
	Have I had any changes in my sleep pattern , if so what changes?

W2

Week 3

TIPS & PERSONAL NOTES



It can be helpful to cook large quantities of keto dishes and freeze them in batches. This way you don't have to cook every day. It is useful to always have something on hand, for unexpected circumstances.

Please note: ketogenic food can be oily so it should be frozen soon after preparation. That way it will store well.

I am proud of myself this week because:



My experiences this week:

Direct or indirect relation to my ketogenic journey

- 1
- 2
- 3
- 4
- 5
- 6
- 7

EPILEPTIC SEIZURES

DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:

TYPE A	TYPE B	TYPE C	TYPE D	TYPE E

Overall, my experience this week was...



Draw a facial expression here that fits your week's mood

HOW I AM DOING THIS WEEK

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Do I feel any changes in my level of alertness ? If so how?
	When I interact with others I feel:
	The influence of ketogenic diet therapy on my quality of life is:
	When I discuss ketogenic diet therapy with others, for example family or friends, I notice:
	How is ketogenic diet therapy changing my life?
	I did this today for the first time :
	Today, my experience of my ketogenic meal was:

W3

Week 4

TIPS & PERSONAL NOTES



It will be helpful to always keep a stock of ketogenic food products at home to support your ketogenic cooking. This will give you the flexibility to add them as required at the last minute to make meals and snacks more ketogenic.

In the kitchen cupboard: tins of asparagus or mushrooms and oils.

In the fridge: butter, cream and mascarpone.

In the freezer: raspberries, strawberries, blackberries, or gooseberries.

My favourite recipe is:



My experiences this week:

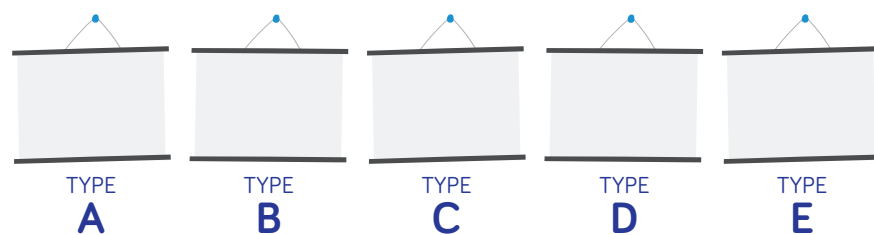
Direct or indirect relation to my ketogenic journey

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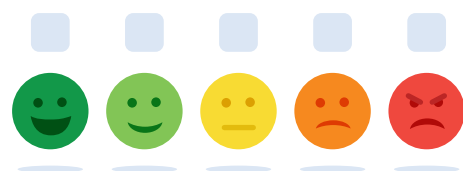
EPILEPTIC SEIZURES

DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:



Overall, my experience this week was...



HOW I AM DOING THIS WEEK

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Does ketogenic dietary therapy make me feel different from others? If so how?
	Do I see my concentration or attention changing? If so how?
	Do I feel my emotions and mood are changing? If so how?
	Do I feel that I am changing socially when interacting with others?
	Have I experienced any physical discomfort (such as abdominal pain, constipation or nausea)?
	Do I see changes in my behaviour ? If so what changes?
	Have I had any changes in my sleep pattern , if so what changes?

W4

Week 5

TIPS & PERSONAL NOTES



You can easily vary your dishes by adding carbohydrate free flavourings. A basic product such as cottage cheese or creme fraiche is easy to flavour in this way.

Note: read the nutrition table on the flavouring and consult your dietitian because some liquid flavours can still contain carbohydrates.

This is what I discovered this week:



My experiences this week:

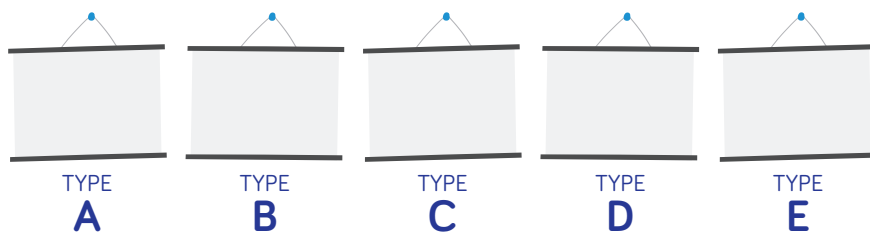
Direct or indirect relation to my ketogenic journey

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EPILEPTIC SEIZURES

DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:



Overall, my experience this week was...



HOW I AM DOING THIS WEEK

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Do I feel any changes in my level of alertness ? If so how?
	When I interact with others I feel:
	The influence of ketogenic diet therapy on my quality of life is:
	When I discuss ketogenic diet therapy with others, for example family or friends, I notice:
	How is ketogenic diet therapy changing my life?
	I did this today for the first time :
	Today, my experience of my ketogenic meal was:

W5

Week 6

TIPS & PERSONAL NOTES



You can use silicone moulds to make small portions that you can freeze. Aluminum foil or silicone sheets also work well with oily dishes; unlike baking paper which just absorbs the fat.

Tip: Use a spatula to scrape out pots and containers. After all, you don't want to lose any valuable morsels when transferring food to your plate!

This week I tried the following snack as something new:



My experiences this week:

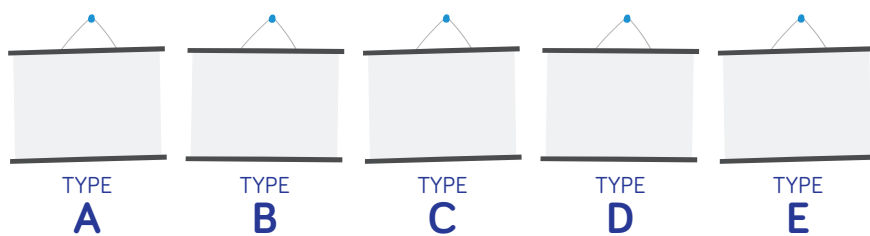
Direct or indirect relation to my ketogenic journey

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EPILEPTIC SEIZURES

DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:



Overall, my experience this week was...



HOW I AM DOING THIS WEEK

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Does ketogenic dietary therapy make me feel different from others? If so how?
	Do I see my concentration or attention changing? If so how?
	Do I feel my emotions and mood are changing? If so how?
	Do I feel that I am changing socially when interacting with others?
	Have I experienced any physical discomfort (such as abdominal pain, constipation or nausea)?
	Do I see changes in my behaviour ? If so what changes?
	Have I had any changes in my sleep pattern , if so what changes?

W6

Week 7

TIPS & PERSONAL NOTES



Eating out: Life CAN go on when you are on ketogenic dietary therapy, but planning ahead for occasions and meals away from home can make all the difference. The more you do it, the more confident you will become. Try NOT to focus on what you can't have and more on what you CAN have and remember, if you are socialising with friends and having a good time, then the food becomes secondary.

Remember the basics:

- Choose plain meats with NO coatings such as breadcrumbs or batters and check that no flavour enhancers whatsoever have been added to the meat
- Use salad type vegetables where possible or take your own recommended list of vegetables & weighing scales if necessary
- Butter or mayonnaise (check the mayonnaise is the high fat variety not diet or low fat) with your meal
- Take your own pudding (i.e. sugar free Jelly, low carb berries) and ask for additional double cream
- Have diet drinks and/or water with your meals
- Black coffee or tea (with cream and sweetener added if you wish) or fruit/herbal unsweetened teas are also keto friendly drinks

My top tip for someone who is just starting ketogenic diet therapy is:



My experiences this week:

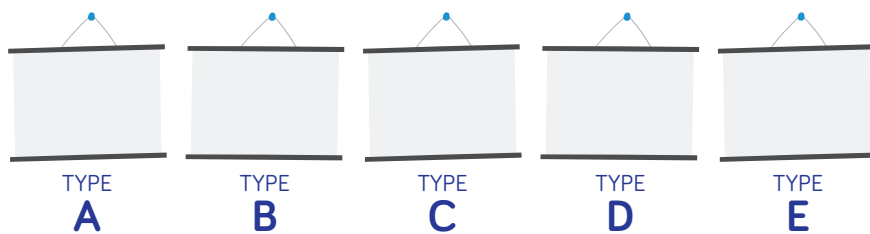
Direct or indirect relation to my ketogenic journey

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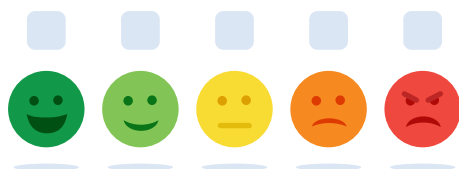
EPILEPTIC SEIZURES

DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:



Overall, my experience this week was...



HOW I AM DOING THIS WEEK

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Do I feel any changes in my level of alertness ? If so how?
	When I interact with others I feel:
	The influence of ketogenic diet therapy on my quality of life is:
	When I discuss ketogenic diet therapy with others, for example family or friends, I notice:
	How is ketogenic diet therapy changing my life?
	I did this today for the first time :
	Today, my experience of my ketogenic meal was:

W7

Week 8

TIPS & PERSONAL NOTES



Do you know about www.myketoplanner.co.uk? It is a free online tool to support the ketogenic community with recipe development and sharing. It has many delicious ketogenic recipes to give you inspiration for your daily menu.

Every month there are new recipes added. With the search function and filters you will quickly find an appropriate recipe. Ask your Dietitian to register you today.

Tip: make a weekly meal planner to help you organise your shopping and cooking to make life a little easier. Make a note of what you have in the freezer and which MyKetoPlanner recipes you are going to make.

This week I had the following as a snack:



My experiences this week:

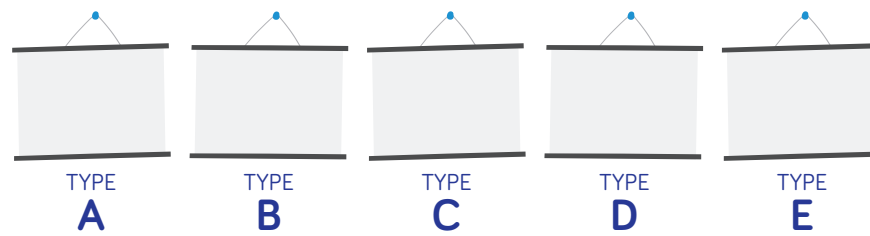
Direct or indirect relation to my ketogenic journey

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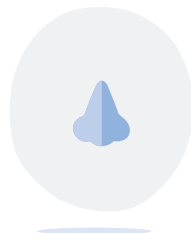
EPILEPTIC SEIZURES

DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:



Overall, my experience this week was...



Draw a facial expression here that fits your week's mood

HOW I AM DOING THIS WEEK

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Does ketogenic dietary therapy make me feel different from others? If so how?
	Do I see my concentration or attention changing? If so how?
	Do I feel my emotions and mood are changing? If so how?
	Do I feel that I am changing socially when interacting with others?
	Have I experienced any physical discomfort (such as abdominal pain, constipation or nausea)?
	Do I see changes in my behaviour ? If so what changes?
	Have I had any changes in my sleep pattern , if so what changes?

W8

Week 9

TIPS & PERSONAL NOTES



Every week you will be improving your skills as a ketogenic cook! Now you can tweak recipes (for example from MyKetoPlanner) so they are suitable for you, enter the ingredients and choose the right quantities.

Tip: you can make a regular recipe ketogenic by replacing certain ingredients:

- For cakes with apples, replace them with a few raspberries.
- Replace chocolate with cocoa powder without sugar.
- Replace flour with KetoCal powder, almond powder, soy flour or coconut flour.
- Replace potatoes with celeriac, pumpkin, carrot, cauliflower or turnip.
- Replace milk with KetoCal LQ in smoothies and shakes, sweet or savoury sauces, ice-cream and much more.

This week I'm going to experiment with making a ketogenic version of this dish:



My experiences this week:

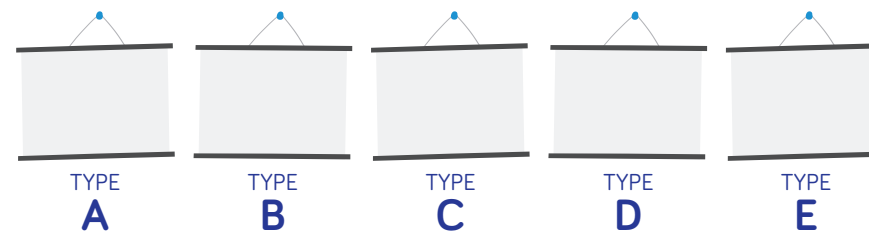
Direct or indirect relation to my ketogenic journey

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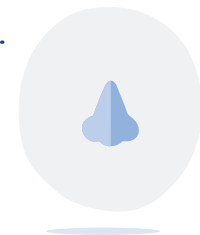
EPILEPTIC SEIZURES

DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:



Overall, my experience this week was...



Draw a facial expression here that fits your week's mood

HOW I AM DOING THIS WEEK

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Do I feel any changes in my level of alertness ? If so how?
	When I interact with others I feel:
	The influence of ketogenic diet therapy on my quality of life is:
	When I discuss ketogenic diet therapy with others, for example family or friends, I notice:
	How is ketogenic diet therapy changing my life?
	I did this today for the first time :
	Today, my experience of my ketogenic meal was:

W9

Week 10

TIPS & PERSONAL NOTES



Is the weather nice and do you want to go on a picnic or go to a BBQ? Of course its possible to make it a ketogenic picnic or BBQ.

Tips: When eating out at friends, it is worth a phone call beforehand to explain things but, as friends, we would hope that they understand your circumstances and be willing to adjust their menu slightly to take into account your dietary needs. It really doesn't take much to make a 'typical' meal keto friendly;

- **BBQ'S** are easy as most of it is meat and salads. Make mini skewers with mozzarella, tomatoes, cucumbers and salami.

- **Buffets** are also pretty simple as there is usually a mix of foods that you can choose from. However, if it is a sandwich tea or something along those lines then it might be worthwhile packing your own salad or 'packed' supper and just add to it from what you can have on the buffet table.

- **Picnics** again can be pretty easy going if you stick to cold meats, cheeses and salads. Remember that not everything has to be between two slices of bread for you to enjoy it.

Check out MyKetoPlanner for many more picnic ideas.

My keto meal out this week is:

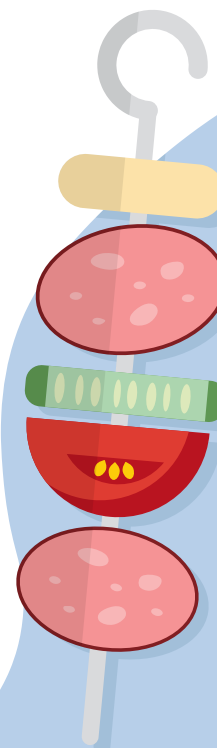
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My experiences this week:

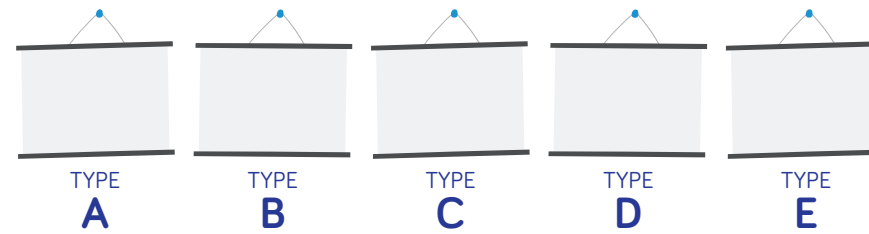
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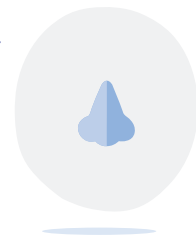
EPILEPTIC SEIZURES

DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:



Overall, my experience this week was...



Draw a facial expression here that fits your week's mood

HOW I AM DOING THIS WEEK

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Does ketogenic dietary therapy make me feel different from others? If so how?
	Do I see my concentration or attention changing? If so how?
	Do I feel my emotions and mood are changing? If so how?
	Do I feel that I am changing socially when interacting with others?
	Have I experienced any physical discomfort (such as abdominal pain, constipation or nausea)?
	Do I see changes in my behaviour ? If so what changes?
	Have I had any changes in my sleep pattern , if so what changes?

W10

Week 11

TIPS & PERSONAL NOTES



Are you going to stay with a friend or away to see family? Your friends or family can also learn what ketogenic diet therapy means. You can provide ketogenic dishes for yourself but who knows, maybe your friends or family might want to provide a ketogenic meal or snacks for you yourselves (with a little help from you for the first time of course!).

Tip: With MyKetoPlanner you can save your recipe in a file and email it to your friends or family.

My favourite keto meal with my friends or family was:



My experiences this week:

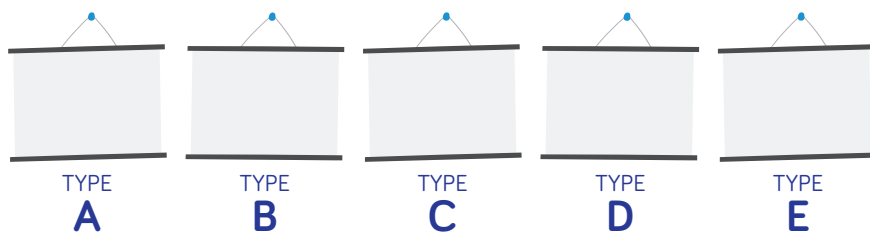
Direct or indirect relation to my ketogenic journey

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- 6
- 7

EPILEPTIC SEIZURES

DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:



Overall, my experience this week was...



HOW I AM DOING THIS WEEK

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Do I feel any changes in my level of alertness ? If so how?
	When I interact with others I feel:
	The influence of ketogenic diet therapy on my quality of life is:
	When I discuss ketogenic diet therapy with others, for example family or friends, I notice:
	How is ketogenic diet therapy changing my life?
	I did this today for the first time :
	Today, my experience of my ketogenic meal was:



W11

Week 12 TIPS & PERSONAL NOTES



Nowadays, there are many wannabe masterchefs who like to cook delicious food. Maybe you have family or friends who would take up the challenge of making ketogenic meals or snacks with you? This could be a nice opportunity to get together on a Sunday afternoon, for example and try cooking recipes together.

I'm going to ask:

to cook with me.



My experiences this week:

Direct or indirect relation to my ketogenic journey

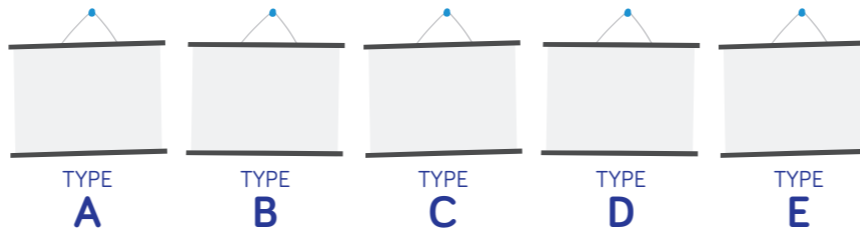
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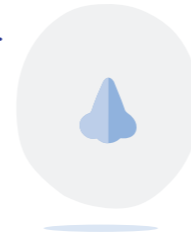
EPILEPTIC SEIZURES

DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:



Overall, my experience this week was...



Draw a facial expression here that fits your week's mood

HOW I AM DOING THIS WEEK



DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	I have learned a lot in recent weeks. For example:
	It was difficult to:
	It was not as bad as I thought to:
	A meaningful outcome of ketogenic dietary therapy for me is:
	I am most proud of myself for the following:
	Over the past few weeks it has helped me when:
	Today, my quality of life score is: <div style="display: flex; align-items: center;"> 1 2 3 4 5 6 7 8 9 10 (circle a number between 1-10, where 1 is very bad and 10 is very good). </div>

MY EVALUATION AFTER 3 MONTHS OF KETOGENIC DIETARY THERAPY



My thoughts and feelings on ketogenic dietary therapy:

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When I look back at what my hopes were in the beginning (page 7), I am able to evaluate the experience of the ketogenic diet as follows:

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The total number of seizures that I experienced per week is currently about:

Type A:..... Type B:..... Type C:..... Type D:..... Type E:.....

MY QUALITY OF LIFE SCORES NOW, AS A RESULT OF THE 3 MONTH TRIAL ARE:

(1 = very poor, 5 = very good)

- ✓ **Epileptic seizures** 1 2 3 4 5
- ✓ **Physical** (for instance pain, bowel movement, nausea) 1 2 3 4 5
- ✓ **Social & emotional** (for instance contact with others, mood) 1 2 3 4 5
- ✓ **Behaviour** (e.g. passionate, cooperative) 1 2 3 4 5
- ✓ **Cognitive** (e.g. alertness, speech/language, memory) 1 2 3 4 5

Notes

Here you can write down any changes made to your dietary therapy or medication:



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Notes

Here you can make a note of any questions you may have for your epilepsy team at your next appointment:



A series of horizontal dotted lines for writing notes.





NUTRICIA | KETOGENICS
LIFE-TRANSFORMING NUTRITION

NCBS0138UK VERSION 1 JULY 2020