

Name 

This information is intended for families considering the medical ketogenic diet.
KetoCal[®] is a medical food for the dietary management of intractable epilepsy
and is intended for use under medical supervision.



ACKNOWLEDGMENTS

This resource was developed in the UK with the advisory support from 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.

In the US and Canada, the Keto Diary was adapted with advisory support of Stacey Bessone, RDN, LDN, Robyn Blackford, RDN, LDN, Zahava Turner, RD, CSP, LD, Lindsey Thompson, PhD, RD, CSP, LD, and Vanessa Aldaz, MPH, RD, CDE. A special thank you to Robyn and Stacey for adapting the tips!



STARTING ON THE MEDICAL KETOGENIC DIET

Your neurologist has recommended that your child start the medical ketogenic diet. An exciting new phase is about to start in which you will learn and experience change. You will learn about **nutrition, calculating meals** for your child and how you **can prepare tasty dishes**. If your child is tube-fed your dietitian will change his/her current formula to a medical ketogenic formula.

Every new beginning can bring challenges, and starting the medical ketogenic diet is no different. The initial phase will likely involve some trial and error as you and your child 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 help you. There are also useful resources such as **ketogenic calculation programs, booklets and websites full of tips and recipes**.

My Keto Diary can help you **during the first 3 months of the medical ketogenic diet**. You will keep track of what you and your child experience while trialing the medical ketogenic diet. This is important as it will enable you and your child's epilepsy team to evaluate and appreciate the effect of your 3-month medical ketogenic diet trial. *My Keto Diary* also gives you handy tips and ideas!

NUTRICIA KETOCAL®

Nutricia KetoCal is a **pioneer in medical ketogenic diet management**. Our mission is to simplify ketogenic care. We're behind you at every step of the way—with products backed by science and support resources.

HOW TO USE MY KETO DIARY

My Keto Diary can help you during the **first 3 months** of the medical ketogenic diet. 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.

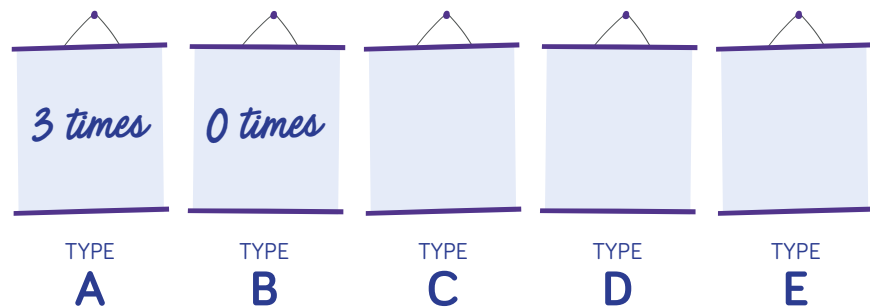
You will **keep track of 4 things** in *My Keto Diary*: epileptic seizures, ketone and glucose levels, how you and your child are doing and your thoughts about the past week.

1. Epileptic seizures

On page 6 of *My Keto Diary*, you and your neurologist or epilepsy nurse will **assign a different letter to the different types of epileptic seizures** that your child 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) your child has experienced and how many.



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



2. Ketone and glucose levels

You can fill up to **2 ketone and 2 glucose levels per day** at a time agreed with your epilepsy team (in the mornings or afternoons).



3. This is how my child and I are doing...

Whenever possible, try to 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.** Draw a smiley or upside-down smiley face. It may be fun to do this together with your child!



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 learned or your favorite recipes. It's **your Keto Diary** so you can write down anything you want in order to refer back to it later on.



MY CHILD AND OUR KETOGENIC MANAGEMENT TEAM



My child's name is

Our ketogenic 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 ON THE MEDICAL KETOGENIC DIET



My thoughts and feelings about the ketogenic diet:

.....

.....

.....

What I hope to achieve on the medical ketogenic diet:

.....

.....

.....

The total number of seizures per typical week that my child has had is approximately:

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

The following is important for my child's quality of life:

.....

.....

.....

In the past month, my child's average quality of life score is:

(1 = very poor, 5 = very good)

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

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

BEFORE STARTING ON THE MEDICAL KETOGENIC DIET



TIPS & PERSONAL NOTES

Welcome to the medical ketogenic diet family!

You've had your first discussion about the medical ketogenic diet with your dietitian or neurologist.

These are exciting times, but you might also have a lot of questions. Do not worry, your healthcare team will be here for you. If you want some additional information about the medical ketogenic diet, visit www.ketogenicdietforepilepsy.com.

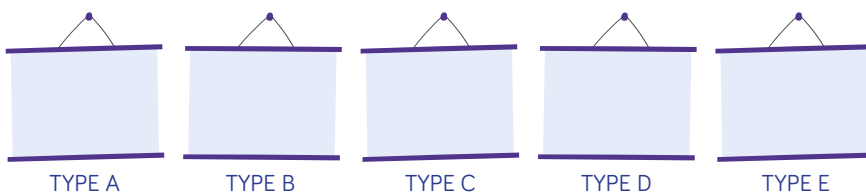


PRE-DIET SEIZURE LOG

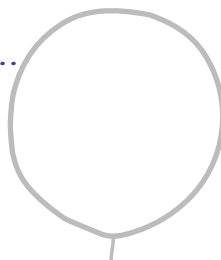
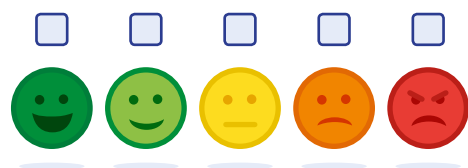


DAY OF WEEK:	SEIZURE TYPES AND HOW MANY				
	A	B	C	D	E

The total number of seizures this week:



Overall, our experience this week was...



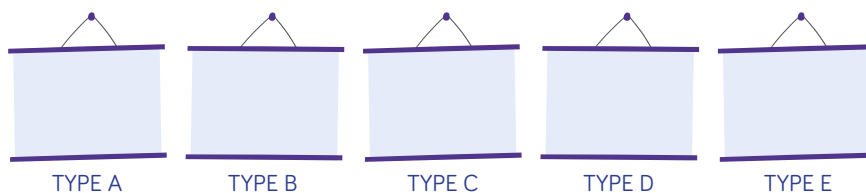
Draw a little face here that fits your week's mood

PRE-DIET SEIZURE LOG

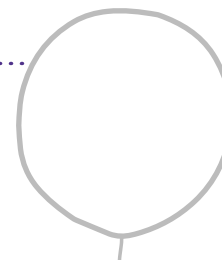
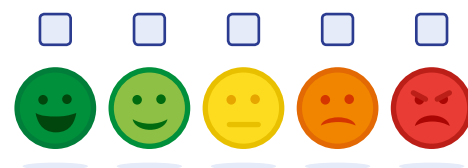


DAY OF WEEK:	SEIZURE TYPES AND HOW MANY				
	A	B	C	D	E

The total number of seizures this week:



Overall, our experience this week was...



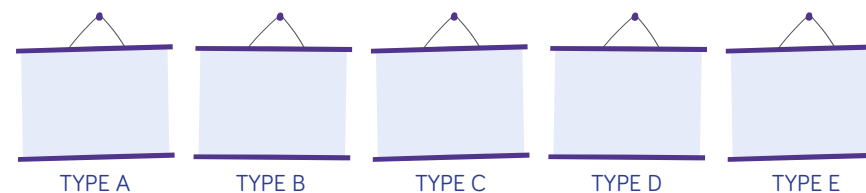
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PRE-DIET SEIZURE LOG

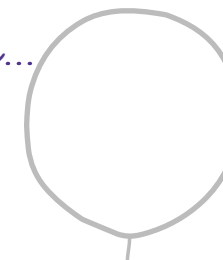
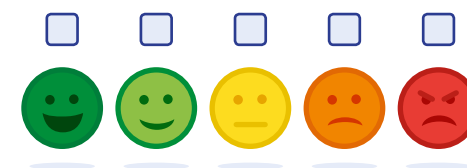


DAY OF WEEK:	SEIZURE TYPES AND HOW MANY				
	A	B	C	D	E

The total number of seizures this week:



Overall, our experience this week was...



Draw a little face here that fits your week's mood

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 exciting!

You will almost certainly have questions and you may want to consult parents in the same situation as you. Visit The Charlie Foundation and The Keto Hope Foundation for extra support.

www.charlifoundation.org

www.ketohope.org

You might have been recommended KetoCal to make the medical ketogenic diet easier. If you have questions, visit myketocal.com.

*I'm so proud of myself!
For the first time I have:*



Our experiences this week:

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, our experience this week was...



Draw a little face here that fits your week's mood

HOW MY CHILD AND I ARE DOING THIS WEEK

W1

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

Week 2

TIPS & PERSONAL NOTES

Have you received your KetoCal Connect starter kit? It includes a booklet & information about the medical medical ketogenic diet that might be helpful to explain the diet to others. It also includes a small gram scale, ideal to start the diet.

Tips: Some of the handouts are available for download on www.MyKetoCal.com so that you can share them with family members and your caregiver or school.

This way they will also understand why your child has started the medical ketogenic diet and will be better able to support you both.

I find this tricky:



Our experiences this week:

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EPILEPTIC SEIZURES

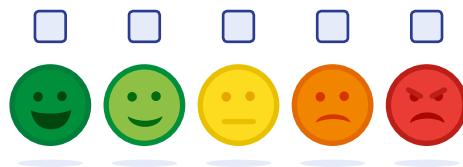


DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:

TYPE A TYPE B TYPE C TYPE D TYPE E

Overall, our experience this week was...



Draw a little face here that fits your week's mood

HOW MY CHILD AND I ARE DOING THIS WEEK

W2

DAY OF WEEK:	QUESTION OF THE DAY <small>(provide a detailed explanation for each answer)</small>
	Does my child feel different from other children ? If so, how?
	Do I see my child's concentration or attention changing? If so, how?
	Do I see that my child's emotions and mood are changing? If so, how?
	Do I see that my child is changing socially when interacting with others?
	Does my child have physical discomfort (such as abdominal pain, constipation or nausea)?
	Do I see changes in my child's behavior ? If so, what changes?
	Do I see my child's sleep patterns changing ? If so, what changes?

Week 3

TIPS & PERSONAL NOTES

Some parents/caregivers cook large quantities of keto dishes and freeze them in batches. This way you don't have to cook every meal. It is useful to have these on hand, for unexpected circumstances. Also, ketogenic food can be oily, so be sure to freeze items soon after cooking.

Remember: For those who are tube-fed, a formula batch is only good for 24 hours. The mixture must be refrigerated if it is not immediately being used for a feeding.

I am proud of my child this week because:

.....

.....

.....



Our experiences this week:

1

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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:

TYPE A TYPE B TYPE C TYPE D TYPE E

Overall, our experience this week was...



Draw a little face here that fits your week's mood

HOW MY CHILD AND I ARE DOING THIS WEEK

W3

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Do I see that my child's alertness is changing? If so, how?
	When I see how my child and other family members interact , I see:
	The influence of the medical ketogenic diet on my own quality of life is:
	When I discuss the medical ketogenic diet with others, for example family or friends, I notice:
	How is the medical ketogenic diet changing my child's life?
	I did this today for the first time :
	Today my child's reaction to their ketogenic meal was:



Week 4



TIPS & PERSONAL NOTES

It will be helpful to always keep a stock of ketogenic food products at home to support your medical ketogenic meals. Keep a list of your most used foods, products or equipment. This will give you the flexibility and peace of mind to use them at the last minute to make meals and snacks easily.

In the kitchen: KetoCal, avocado, carb-free sweetener

In the fridge: butter, heavy cream, cream cheese

Canned/Fresh/Frozen: raspberries, strawberries, green beans, cauliflower

KetoCal is available in different ratios, and having it on hand can give you peace of mind.

My child's favorite keto food is:



Our experiences this week:

1

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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:

TYPE A TYPE B TYPE C TYPE D TYPE E

Overall, our experience this week was...

Draw a little face here that fits your week's mood

HOW MY CHILD AND I ARE DOING THIS WEEK

W4

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Does my child feel different from other children ? If so, how?
	Do I see my child's concentration or attention changing? If so, how?
	Do I see that my child's emotions and mood are changing? If so, how?
	Do I see that my child is changing socially when interacting with others?
	Does my child have physical discomfort (such as abdominal pain, constipation or nausea)?
	Do I see changes in my child's behavior ? If so, what changes?
	Do I see my child's sleep patterns changing ? If so, what changes?



Week 5



TIPS & PERSONAL NOTES

You can easily vary meals by adding carbohydrate-free flavorings. Cottage cheese, cream cheese or unflavored KetoCal are easy to flavor in this way. It works well if your child eats by mouth, and even sometimes tube-fed patients like to change flavors.

If your child is tube-fed, changing the flavor of a tube feed may benefit your child since often smelling the formula (or added flavoring such as lemon extract or peppermint extract) is all part of the experience of eating.

If your child is allowed small tastes, flavorings can also make the feeding more pleasurable.

This is what I discovered this week:

.....

.....

.....

Note: read the Nutrition Facts on the food label and consult your dietitian as some liquid flavors can still contain carbohydrates.

Have you tried KetoCal 4:1 or 2.5:1 LQ (Liquid) Vanilla? Patients told us they love the taste of KetoCal.



Our experiences this week:

1

2

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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:

TYPE A TYPE B TYPE C TYPE D TYPE E

Overall, our experience this week was...

Draw a little face here that fits your week's mood

HOW MY CHILD AND I ARE DOING THIS WEEK

W5

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Do I see that my child's alertness is changing? If so, how?
	When I see how my child and other family members interact , I see:
	The influence of the medical ketogenic diet on my own quality of life is:
	When I discuss the medical ketogenic diet with others, for example family or friends, I notice:
	How is the medical ketogenic diet changing my child's life?
	I did this today for the first time :
	Today my child's reaction to their ketogenic meal was:

Week 6

TIPS & PERSONAL NOTES

You can use silicone molds to make small portions that you can freeze. Molds can work well for patients on tube feeds who may be able to eat small meals or snacks. Preparing and freezing the molds will decrease waste and be available when needed.

Have you tried some of our delicious recipes with KetoCal® 4:1 Powder or KetoCal® 3:1 Powder? Ideal for batch cooking. Ask your keto dietitian for a sample.

This week I prepared the following meals ahead of time:



Our experiences this week:

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EPILEPTIC SEIZURES

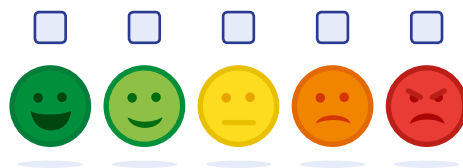


DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:

TYPE A TYPE B TYPE C TYPE D TYPE E

Overall, our experience this week was...



Draw a little face here that fits your week's mood

HOW MY CHILD AND I ARE DOING THIS WEEK

W6

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Does my child feel different from other children ? If so, how?
	Do I see my child's concentration or attention changing? If so, how?
	Do I see that my child's emotions and mood are changing? If so, how?
	Do I see that my child is changing socially when interacting with others?
	Does my child have physical discomfort (such as abdominal pain, constipation or nausea)?
	Do I see changes in my child's behavior ? If so, what changes?
	Do I see my child's sleep patterns changing ? If so, what changes?



Week 7



TIPS & PERSONAL NOTES

It is really important to ensure the staff at your child's school have a good understanding of the medical ketogenic diet. This will help ensure your child does not miss out and enjoy school trips, for example.

Tips:

- Give your child ketogenic snacks to enjoy so that they don't miss out at snack time with their school friends.
- Make sure that your child's teacher has a container of ketogenic snacks: when a classmate has a treat, there is always a treat for your child. Perhaps in the morning you can put a ketogenic muffin in his / her school bag!
- KetoCal 4:1 or 2.5:1 LQ is ready-to-feed. It is really easy to open & drink (or pour into the tube) while away from home.
- Make sure your child's tube feeding is measured and any premixing is done at home to avoid mistakes at school.
- Have extra ketogenic formula like KetoCal at school in case of spills or if a feeding is accidentally left at home.

My top tip to a parent who is just starting the medical ketogenic diet is:

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Our experiences this week:

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EPILEPTIC SEIZURES

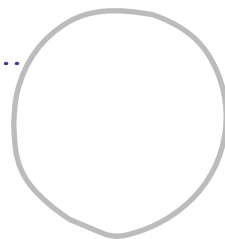
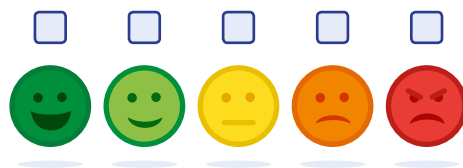


DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:

TYPE A TYPE B TYPE C TYPE D TYPE E

Overall, our experience this week was...



Draw a little face here that fits your week's mood

HOW MY CHILD AND I ARE DOING THIS WEEK

W7

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Do I see that my child's alertness is changing? If so, how?
	When I see how my child and other family members interact , I see:
	The influence of the medical ketogenic diet on my own quality of life is:
	When I discuss the medical ketogenic diet with others, for example family or friends, I notice:
	How is the medical ketogenic diet changing my child's life?
	I did this today for the first time :
	Today my child's reaction to their ketogenic meal was:

Week 8

TIPS & PERSONAL NOTES

Since the medical ketogenic diet is closely monitored by your doctor and dietitian, make sure you give the team updates and report anything out of the ordinary to them. Have you talked to your keto dietitian lately?

Tip: You can also ask your dietitian for a keto version of your child's favorite food.

What recipe have you made yourself?



Our experiences this week:

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4

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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:

TYPE A TYPE B TYPE C TYPE D TYPE E

Overall, our experience this week was...

Draw a little face here that fits your week's mood

HOW MY CHILD AND I ARE DOING THIS WEEK

WB

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Does my child feel different from other children ? If so, how?
	Do I see my child's concentration or attention changing? If so, how?
	Do I see that my child's emotions and mood are changing? If so, how?
	Do I see that my child is changing socially when interacting with others?
	Does my child have physical discomfort (such as abdominal pain, constipation or nausea)?
	Do I see changes in my child's behavior ? If so, what changes?
	Do I see my child's sleep patterns changing ? If so, what changes?

Week 9

TIPS & PERSONAL NOTES

Drinking enough fluid is very important for children on the ketogenic diet. You can ask your dietitian how much fluid your child needs every day. Some children with tube feedings need extra water in addition to their formula.

Tips:

- Use special cups to encourage drinking and also keep track of intake.
- Water can be flavored with non-carbohydrate sweeteners.
- For tube feeders it can be helpful to fill a container with the daily goal for water and use it throughout the day for flushes and medicines to ensure they meet their fluid needs.

This week, I've mastered this new skill:

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Our experiences this week:

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EPILEPTIC SEIZURES

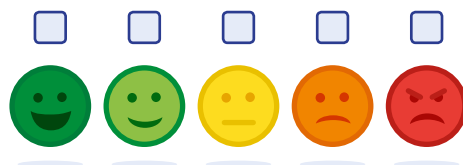


DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:

TYPE A TYPE B TYPE C TYPE D TYPE E

Overall, our experience this week was...



Draw a little face here that fits your week's mood

HOW MY CHILD AND I ARE DOING THIS WEEK

W9

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Do I see that my child's alertness is changing? If so, how?
	When I see how my child and other family members interact , I see:
	The influence of the medical ketogenic diet on my own quality of life is:
	When I discuss the medical ketogenic diet with others, for example family or friends, I notice:
	How the medical ketogenic diet is changing my child's life?
	I did this today for the first time :
	Today my child's reaction to their ketogenic meal was:

Week 10

TIPS & PERSONAL NOTES

If your child eats by mouth, every week you will be improving your skills as a ketogenic cook! Now you can tweak recipes, so they are suitable for your child, enter the ingredients and choose the right quantities into your designated ketogenic food calculating program.

For patients with tube feedings, ask your dietitian about blending foods into your formula or even creating a blended meal that could be put through the tube (possible for some patients).

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 or coconut flour.
- Replace potatoes with pumpkin, carrot, cauliflower or turnip.

Follow @KetoCal on Facebook and Instagram for recipe ideas.

I'm going to ask:

to cook with me



Our experiences this week:

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EPILEPTIC SEIZURES

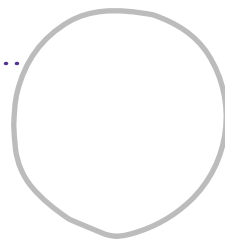


DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:

TYPE A TYPE B TYPE C TYPE D TYPE E

Overall, our experience this week was...



Draw a little face here that fits your week's mood

HOW MY CHILD AND I ARE DOING THIS WEEK

W10

DAY OF WEEK:	QUESTION OF THE DAY <small>(provide a detailed explanation for each answer)</small>
	Does my child feel different from other children ? If so, how?
	Do I see my child's concentration or attention changing? If so, how?
	Do I see that my child's emotions and mood are changing? If so, how?
	Do I see that my child is changing socially when interacting with others?
	Does my child have physical discomfort (such as abdominal pain, constipation or nausea)?
	Do I see changes in my child's behavior ? If so, what changes?
	Do I see my child's sleep patterns changing ? If so, what changes?



Week 11



TIPS & PERSONAL NOTES

While it's not always possible to make keto-friendly treats for your child, oftentimes a non-food treat is just as exciting!

Tip:

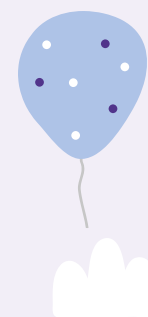
- Inexpensive toys like bubbles, pencils, stamps, or stickers are always a hit!
- Perfect for Valentine's Day, Easter, Halloween or Holiday treats!

I know my child would love:

.....

.....

as a non-food treat



Our experiences this week:

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EPILEPTIC SEIZURES

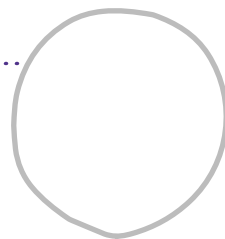
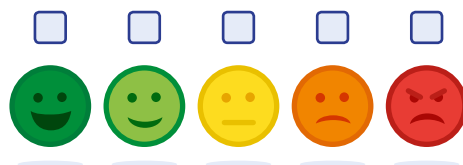


DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:

TYPE A TYPE B TYPE C TYPE D TYPE E

Overall, our experience this week was...



Draw a little face here that fits your week's mood

HOW MY CHILD AND I ARE DOING THIS WEEK

W11

DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	Do I see that my child's alertness is changing? If so, how?
	When I see how my child and other family members interact , I see:
	The influence of the medical ketogenic diet on my own quality of life is:
	When I discuss the medical ketogenic diet with others, for example family or friends, I notice:
	How is the medical ketogenic diet changing my child's life?
	I did this today for the first time :
	Today my child's reaction to their ketogenic meal was:



Week 12



TIPS & PERSONAL NOTES

Is your child going on a play date? Your child's friend's parents/ caregivers can also learn what the medical ketogenic diet means. You can provide ketogenic dishes or KetoCal for your child for that day, but consider including that friend's family in creating a snack that your child can eat. They may enjoy going to great lengths for you and your child for their special diet.

My child's play date was with:

.....

.....

.....



Our experiences this week:

1

2

3

4

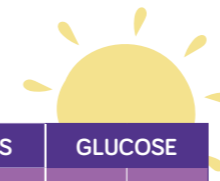
5

6

7



EPILEPTIC SEIZURES

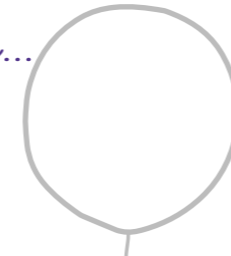


DAY OF WEEK:	SEIZURE TYPES AND HOW MANY					KETONES		GLUCOSE	
	A	B	C	D	E	AM	PM	AM	PM

The total number of seizures this week:

TYPE A
 TYPE B
 TYPE C
 TYPE D
 TYPE E

Overall, our experience this week was...



Draw a little face here that fits your week's mood

HOW MY CHILD AND I ARE DOING THIS WEEK



DAY OF WEEK:	QUESTION OF THE DAY (provide a detailed explanation for each answer)
	<p>I have learned a lot in recent weeks. For example:</p> <p>.....</p> <p>.....</p>
	<p>It was difficult to:</p> <p>.....</p> <p>.....</p>
	<p>It was not as bad as I thought to:</p> <p>.....</p> <p>.....</p>
	<p>An important benefit of the medical ketogenic diet for my child is:</p> <p>.....</p> <p>.....</p>
	<p>An important benefit of the medical ketogenic diet for me is:</p> <p>.....</p> <p>.....</p>
	<p>Over the past few weeks it has helped when I:</p> <p>.....</p> <p>.....</p>
	<p>Today, my child's quality of life score is:</p> <p> <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 </p> <p><small>(circle a number between 1-10, where 1 is very bad and 10 is very good).</small></p>

MY EVALUATION AFTER 3 MONTHS OF THE MEDICAL KETOGENIC DIET



My child's 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)

✓ Behavior (for instance passionate, cooperative) (1) (2) (3) (4) (5)

✓ Cognitive (for instance alertness, speech/language, memory) (1) (2) (3) (4) (5)

My thoughts and feelings on the medical ketogenic diet:

Dotted lines for writing thoughts and feelings on the medical ketogenic diet.

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:

Dotted lines for writing evaluation of the ketogenic diet experience.

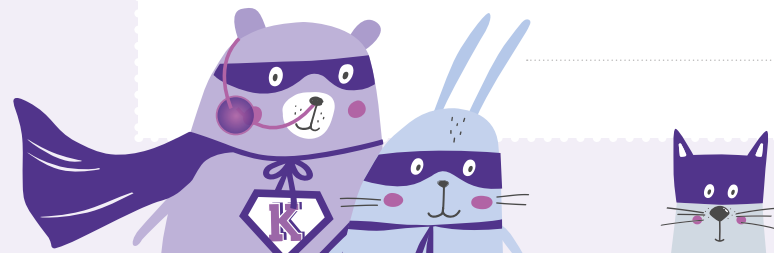
The total number of seizures that my child experiences per week is currently about:

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

Notes

Here you can write down any changes made to your child's diet or medication:

Large area of dotted lines for writing notes on changes to diet or medication.



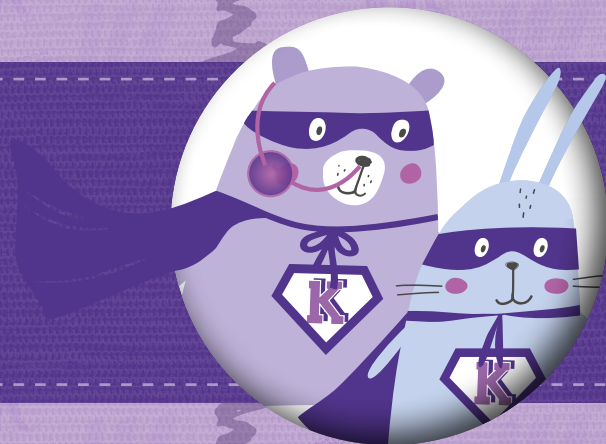
Notes

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.



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KetoCal[®]



For questions about KetoCal,
contact Nutricia North America
(800) 365-7354
MyKetoCal.com
NutritionServices@Nutricia.com

Brought to you by Nutricia North America

KetoCal[®] and Liquigen[®] are medical foods for the dietary management of refractory epilepsy and are intended for use under medical supervision.

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