



# **The Keto Cookbook: Innovative Delicious Meals for Staying on the Ketogenic Diet**

*Laura Cramp RD LD CNSC, Dawn Marie Martenz*



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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 Keto Cookbook* is a cookbook for those using the diet to treat epilepsy and other neurologic conditions. The book contains 96 recipes grouped by breakfast and brunch, appetizers & snacks, lunch, dinner, and sweets and treats. 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:**

Sample forms for the Transportation Safety Agency, School/Daycare Center, and Emergency Room/Primary Physician

1. A Short History of the Ketogenic Diet; 2. Charlotte's story; 3. Community and Household Hazards; 4. Recipes: a. Breakfast and Brunch, b. Appetizers & Snacks, c. Lunch, d. Dinner; e. Sweets and Treats; 5. Resources: a. Sample letter for visiting the ER or outside hospital, b. Sample letter for travelling (TSA), c. List of stores/products, d. How to compile simple meals (protein + fat + carb)

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### **From reader reviews:**

Fred Miller:Your reading sixth sense will not betray an individual, why because this The Keto Cookbook: Innovative Delicious Meals for Staying on the Ketogenic Diet reserve written by well-known writer who knows well how to make book that could be understand by anyone who else read the book. Written within good manner for you, leaking every ideas and creating skill only for eliminate your personal hunger then you still doubt The Keto Cookbook: Innovative Delicious Meals for Staying on the Ketogenic Diet as good book not only by the cover but also by content. This is one guide that can break don't determine book by its protect, so do you still needing yet another sixth sense to pick that!? Oh come on your studying sixth sense already alerted you so why you have to listening to a different sixth sense.

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