



INFORMATION	DIVISIONS	RESEARCH	EDUCATION	CENTERS	PATIENT CARE	FACULTY RESOURCES
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Autism and Related Developmental Disabilities

Aflac Cancer Center and Blood Disorders Service [See Hematology-Oncology]

Cardiology

Critical Care

Emory Egleston Children's Research Center

Emergency Medicine

Endocrinology and Diabetes

Gastroenterology, Hepatology and Nutrition

Hospitalists at Egleston

Infectious Disease

Laboratory of Biochemical Pharmacology

Neonatology

Nephrology

Neurology

Faculty

Education

Baclofen Information

New Patient Information

Patient Information

Services

EEG Instructions

Resources & Links

First Aid for Seizures

Contact Us

Pulmonary, Allergy & Immunology, Cystic Fibrosis, and Sleep

Rheumatology

Surgery

## Ketogenic Diet

### KETOGENIC DIET INFORMATION

The Ketogenic Diet is a prescribed medical therapy for a select group of children that continue to have seizures despite appropriate medication treatment. The diet requires very carefully prepared high fat meals with a balanced amount of proteins and carbohydrates plus additional vitamin and mineral supplements. The information provided below will help you to become familiar with the procedures of the Ketogenic Diet and provide background information on the history and general indications for using the Ketogenic Diet.

Prior to starting the diet, each child needs to be individually evaluated for the appropriateness of the diet in their medical management and evaluated to be sure there are no other medical factors present that indicate that the diet should not be tried. Each child's diet plan needs to be individualized based on their age, weight, length and nutritional needs. The best place to evaluate these and other family factors important to successful Ketogenic Diet initiation is usually in an out-patient visit with the Epilepsy team. The team includes the neurologist, nurse practitioner, medical dietitian and a parent ketocoach as an additional resource. If you or your physician think the Ketogenic Diet may be appropriate for the child, please call 404-727-1418 and ask for an appointment to be evaluated in the Ketogenic Diet Clinic.

### Resources available on Videotape about the Ketogenic Diet

For copies of all videotapes contact: [The Charlie Foundation to Help Cure Pediatric Epilepsy](#) 501 10th Street Santa Monica, CA 90403

- *Introduction to the Ketogenic Diet: A Treatment for Pediatric Epilepsy*
- *The Ketogenic Diet: A Treatment for Pediatric Epilepsy: A Kid's View*
- *The Ketogenic Diet: A Treatment for Pediatric Epilepsy: Doctor's Version*
- *A Primer in Calculating and Administering the Ketogenic Diet: A Dietitian and Nurse's Point of View*

### Books available about the Ketogenic Diet

- The Ketogenic Diet: Treatment for Epilepsy by John M. Freeman, M.D., Jennifer Freeman, and Millicent T. Kelly. 3rd Edition. ISBN 1-888799-39-0 paperback \$24.95 Demos Medical Publishing, Inc., 386 Park Avenue South, NY, NY 10016. Phone 800-532-8663, Fax 212-683-0118, email [orderdept@demospub.com](mailto:orderdept@demospub.com)
- Seizures and Epilepsy in Childhood: A Guide for Parents Baltimore: Johns Hopkins University Press, 2nd Edition, 1997 by John M. Freeman, M.D.

In Atlanta the books may be ordered through medical bookstores including: Majors Bookstore 404-873-3229 or Emory University Bookstore 404-727-0552

### KETO 2.0 Computer Program:

For copies, contact the [Epilepsy Association of Chesapeake Region \(Maryland\)](#) , 300 East Joppa Road, Suite 1103, Towson, MD, 21204 410-828-7700. Computer disks are available to parents only on referral by a physician. More Ketogenic diet and computer program [information](#).

### Need More Help?

Further information on Seizures and epilepsy available throught the [Georgia Epilepsy Foundation](#) and the [Feedback](#)