



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

By Dawn Marie Martenz, Laura Cramp RD LD CNSC

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The Keto Cookbook is for those using the ketogenic diet to treat pediatric epilepsy and other neurologic conditions. Each of the 96 recipes for breakfast and brunch, appetizers and snacks, lunch, dinner, and sweets and treats, are compliant with the Keto Calculator and therefore ingredient portions are provided in grams.

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 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:

- 96 kid and dietitian tested and approved recipes for the keto diet presented in full color
- Recipes are coded by symbol to indicate personality type and cooking times
- Allergy information for the eight most common allergens
- Practical suggestions to help people "keto-proof" their life, from the kitchen, to the car, to the classroom.
- Four sample shopping lists and vacation guidelines will help families prepare for the unexpected
- Sample forms for the Transportation Safety Agency, School/Daycare Center,

and Emergency Room/Primary Physician

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Editorial Review

About the Author

Dawn Martenz is the mother of a child on the Ketogenic diet. She ended up at the Children's National Medical Center in DC after she went through tireless trials of different combinations of Anti-Epileptic Drugs. Her child lives with Dravet's, a severe myoclonic epilepsy found in infancy.

Laura Cramp, RD, LD, CNSC works at the Children's National Medical Center, Washington, DC. She manages the dietician staff, performs daily patient assessments, evaluates the menu and educates the medical and food service staff on pediatric nutrition and the Ketogenic Diet. She is in charge of outpatient use of the Ketogenic diet.

Users Review

From reader reviews:

Kathleen Young:

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Bethany Archie:

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Lowell Seymour:

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