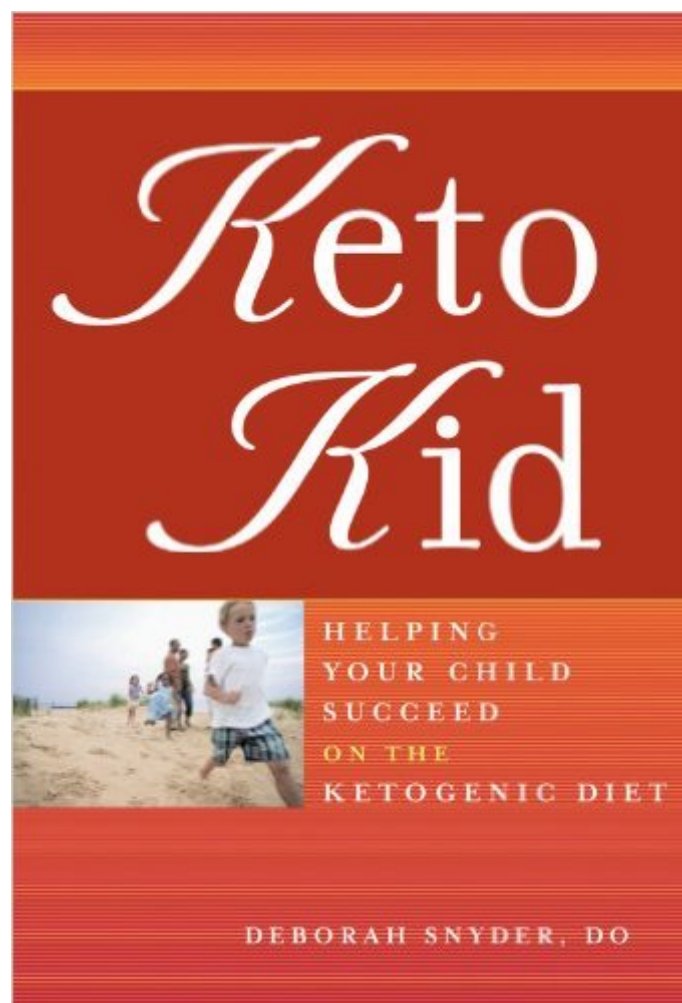


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# Keto Kid: Helping Your Child Succeed On The Ketogenic Diet



## Synopsis

For more than half of all children with epilepsy, the only reliable way to control seizures is the ketogenic diet, a rigid, mathematically calculated, doctor-supervised regimen that is high in fat and low in carbohydrate and protein, and strictly limits both calories and liquid intake. In *Keto Kid: Helping Your Child Succeed on the Ketogenic Diet*, Deborah Snyder, a family physician and mother of a four-year-old, keto kid, provides compassionate advice for parents transitioning to a lifestyle where one extra bite of food can have serious repercussions on a child's health. This unique book gives readers all the facts about the day-to-day management of the diet, while communicating the emotional struggle encountered by children when they mourn the loss of their favorite foods, and must learn rigid self-denial at a very young age. Topics covered include: Recipes for keto-friendly meals, and tips for making this limited diet more interesting; Managing deeply food-oriented occasions like holidays and parties; Time-saving strategies, such as pre-weighing and freezing meals; Dealing with the emotional loss of a child's favorite foods; A day-by-day account of life on the ketogenic diet, in diary form; And much more! Snyder is calm, direct, and above all, hopeful. *Keto Kid* is a practical guide that will enable families to successfully master the ketogenic diet, while making the experience as pleasant as possible for both child and parent.

## Book Information

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## Customer Reviews

As one who is seriously considering the ketogenic diet to treat my daughter's epilepsy, I've been eagerly devouring any books even remotely related to the ketogenic diet. As the possibility of implementing the diet begins to loom, I finally ordered this book. To say it's disappointing is an understatement. I'm giving two stars only because, I suppose, if you \*started\* with this book, you might find it helpful. But I would not suggest starting here, nor would I suggest buying it at all. From the outset, I found it to be strangely organized. The first chapter is on holidays. Don't get me wrong: holidays are important and absolutely should be included in the book. But as the first chapter, before "Coping with the Diet"? No. I also found it to be badly edited. In addition, it was highly repetitive. I would read something and think, "Didn't she just say this a few pages ago?" It's a short book, with at least half devoted to recipes, so the repetition is especially odd and noticeable. With regards to her recipes, I didn't find them to be particularly helpful. She gives you a recipe, but doesn't \*tell\* you anything helpful about it--like the ratio--because she wants you to do the math yourself. I do not deny that learning to do the math on your own is important, but how are these recipes meant to be useful if you have to recalculate them all on your own? Finally, her suggested notes for caretakers, while basically helpful, are strange written. For instance, in the proposed note--which the author actually used--, "Grandma's instruction for a parents' weekend away," Grandma is instructed thusly: remove foil from frozen dinner, replace with plastic wrap, heat in microwave until warm.

Scary! The author states, "Despite years of training in medical school and then as a practicing family physician, I was overwhelmed by starting the ketogenic diet." Well.... She is right, nothing on medical school will prepare you or qualify you as an expert in ketogenic dieting. Med students typically have one course in nutrition, that's all, not enough to be writing a book and considered an authority on the subject and this doctor totally missed the mark! Within two pages, I was scared by the lack of factual information in this book, the author wrote, "Of course, going on the ketogenic diet with my son would be medically unsafe" .... This is absolutely not true! The ketogenic diet is safe for both children and adults if done right, with healthy fats like avocado, coconut oil, grass fed butter, etc.... Not the way Snyder portrays it with canola (GMO) oil, and what she calls "gluten" bread.... Cut to a size to fit the carb gram limit the author was striving for and many other unhealthy ingredients listed in this book from 2006.... It should NOT be recommended to parents of epileptic children as a main source of information on how to do this way of eating.... Seek out other sources ... PLEASE!!!

There are simple, good for you ways to do a ketogenic diet that are also safe and will produce the same effect without all the horrible ingredients listed in this book. I am appalled that a medical doctor wrote this! And.... I'm thinking this is on the verge of child abuse, the author states, "when he cheats, we made him skip a meal, even though the cheat was minor." Right after she states they did not tolerate him 'not finishing a meal.' And all that is in the intro... When we get to the first chapter "holidays" I kind of wondered about facing a day...day one...

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