

Ketogenic Diet

What is a Ketogenic Diet?

A Ketogenic diet is a high fat, controlled protein and limited carbohydrate diet which can be used in difficult to control epilepsy. This diet is not followed by all individuals with epilepsy, but studies suggest it can lead to a reduction in the number of epilepsy-related seizures.

This diet can be difficult to follow and can result in the following side effects: constipation, vomiting, kidney stones, poor bone mineralisation and poor growth. Due to these side effects, the Patient or their families keep a strict seizure diary to determine the diet effectiveness and the patient's quality of life.

To follow a ketogenic diet, fat provides around 80% of an individual's energy intake. Fat is mainly provided from foods such as; butter, cream and oil. Protein is provided in adequate amounts for growth from; poultry, fish and meat. The remaining energy is provided by carbohydrate from fruits and vegetables.

There are 4 types of Ketogenic diet, with some different restrictions, but as this dietary restriction is not balanced, the individual will need close supervision from a specialist Dietitian to ensure sufficient growth and nutritional adequacy.

What foods should be avoided?

Generally, this diet is achieved by excluding high-carbohydrate foods such as starchy fruits and vegetables, bread, pasta, grains and sugar, while increasing the consumption of foods high in fat such as cream and butter.

Implications for the Ward Housekeeping team

The Core menu should not be used in this patient group, instead a specific **Ketogenic Menu** is available. This should only be used on the instruction of the Dietitian/ Nursing Staff.

The Ketogenic menu can be found in the Ward 'Catering Support Folder' and on the Patient Catering/ Menus section of the intranet.

It is extremely important to ensure that the meal plan provided for each Patient is followed precisely to ensure that the appropriate diet is provided. For these Patients, food will need to be weighed and each Patient will have a plan with food weights listed. If you have any doubts about this, please speak with the Nursing Staff.