



I Am On The Ketogenic Diet - An Information Sheet

I am on the ketogenic diet, which is being used as a treatment for my epilepsy.

This is a high fat, low carbohydrate and low protein diet, which has been carefully calculated for me by my dietitian.

I have to follow a strict food prescription each day to ensure that I achieve the correct balance of fat to carbohydrate and protein.

Because the diet is so high in fat and low in carbohydrate, it causes my body to produce chemicals called ketones.

The production of these ketones seems to be the way that the diet helps to control my seizures.

We test my urine twice a day to check that my body is producing enough ketones.

It is really important that I follow my diet exactly, as extra foods will cause ketosis to be lost and then I may have a seizure again.

High carbohydrate foods, like crisps, sugary snacks or drinks, are a particular problem, and have to be avoided. Therefore I must only eat my special food.

I have regular hospital follow-up with my dietitian, nurse and doctors, who would be happy to give you more information on my diet and epilepsy if you need it.