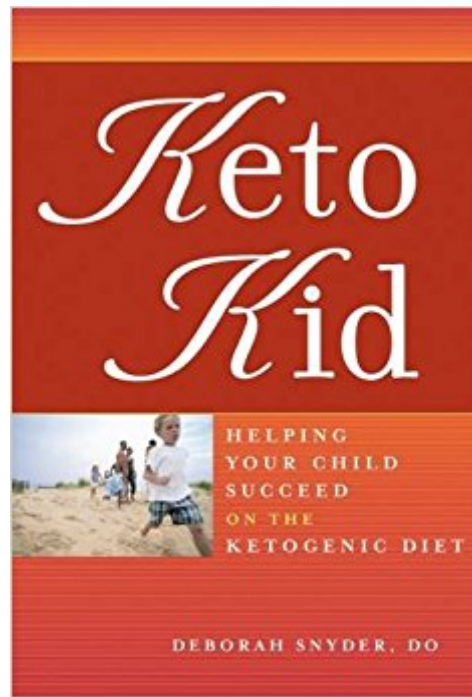


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# Keto Kid



## 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

Paperback: 159 pages

Publisher: Demos Health; 1 edition (November 3, 2006)

Language: English

ISBN-10: 1932603298

ISBN-13: 978-1932603293

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #670,246 in Books (See Top 100 in Books) #15 in [Books > Health, Fitness & Dieting > Children's Health > Epilepsy](#) #72 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Diet Therapy](#) #82 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Epilepsy](#)

## Customer Reviews

Does your child need to be on a ketogenic diet to control epilepsy or obesity? Then this is the book you need to read from cover to cover and follow exactly for important information about making

meals you kid will eat, deal with special events like birthdays, helping your child understand why he can't have certain foods anymore, and a detailed diary account of the author's success at implementing this low-carb approach with her four-year old son who was having constant seizures. Two years later, he is seizure-free because of a high-fat, low-carb ketogenic diet.

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. And: put a straw cut to 2/3 its original size into the cup of cream. I'm sorry, but is Grandma brain dead? If Grandma needs to be instructed how to use a microwave and toaster, then I would suggest she is not capable of caring for ANY child, let alone one on a special diet. I cannot recommend that anyone buy this book. I highly recommend "Fighting back with Fat" and "The Keto Cookbook." These books contain all the info that is to be found in "Keto Kid" (plus more!) they're arranged better, written better, and are FAR more helpful.

I bought this book after my son started the ketogenic diet. This book has great recipes and suggestions. I make waffles which are his favorite. I learned where to buy products. This book makes the diet easier.

I was curious so I ordered this book. Then I was horrified to read the recipes and recommendations. They basically want you to eat highly polyunsaturated fatty acids as your main fat - so GMO canola is in everything. The recipes make no mention of healthy fat from grass-fed butter, grass-fed meats or coconut oil. The author admits that this would be dangerous for anyone except a kid with seizures, who they feel has no other choice. I agree, except that this is a dangerous diet for everyone. Poor freaking kid. There is a healthy way to do a ketogenic diet, and it involves removing grains, legumes and sugars from the diet, eating plenty of coconut oil, grass-fed butter and meats, and supplementing with some healthy greens. This is so doable, and so healthy. But this book will not give you any sense of that at all. To be fair, this is probably exactly what all the doctors and conventional medical establishment tell you to do, and it can seem crazy not to follow their dietary advice when it comes to your kid with seizures. This book might be healthy in a bind or when you are starting out in total panic mode, but please get off the PUFAs and especially the GMO foods. We are talking about sick kids here, don't make it worse.

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