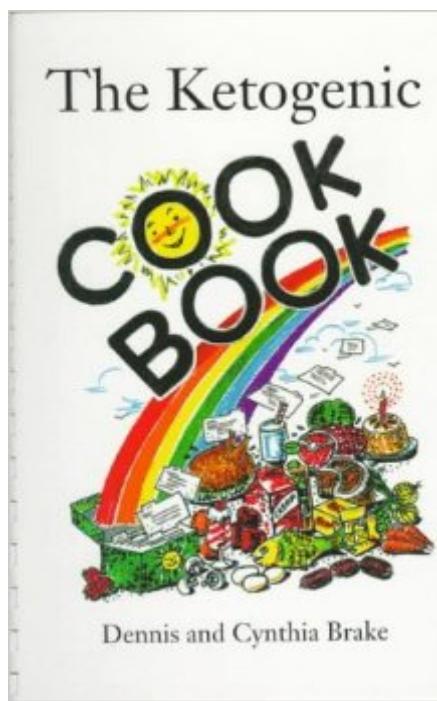


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# The Ketogenic Cookbook



## **Synopsis**

This book is published to help parents prepare more tasteful, imaginative recipes and menus for their child on the ketogenic diet. The ketogenic diet does not have to be bland. It can be very flexible and palatable. We have developed a variety of new menus and innovative ways to keep the diet interesting. The recipes in this book are designed to be used as part of the ketogenic diet treatment program. The ketogenic diet treatment should only be undertaken with the supervision of a physician, and the active direction of a dietitian, both experienced with the ketogenic diet.

## **Book Information**

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Average Customer Review: 3.0 out of 5 stars See all reviews (5 customer reviews)

Best Sellers Rank: #3,324,048 in Books (See Top 100 in Books) #42 in Books > Health, Fitness & Dieting > Children's Health > Epilepsy #361 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Epilepsy #658 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic

## **Customer Reviews**

As a dietitian who works with children on the Ketogenic Diet, I was delighted to finally see a cookbook with some imaginative options for meals. Each menu has at least one other option for the picky eater and includes menus for holidays and special occasions. The book also includes traveling tips/checklist, a list of hotel chain phone numbers (to check ahead on refrigerators), contact information for food companies and a seizure chart. I would recommend this book to anyone on the Ketogenic diet, but especially for older children or those on the diet over 6 months just looking for new options.

Ok ... so this cookbook may be a bit gourmet styled, it is still a life saver for those of us that have done "the diet" for years and need new ways to keep our children eating. After all not eating on the diet is as bad as cheating on the diet. You get great ideas for holiday meals. I personally did the

butter recipes and they were a big hit. You need to work with your dietian to get the amounts right but when you have it down this is a great way to "spice" up their foods.

This book was not written as a weight loss cookbook. It is meant for people who have made the commitment to use diet as "an adjunct to anticonvulsant medication for the control of seizures", particularly for children. (as mentioned in the introduction) The challenges posed by the recipes are outweighed by the positive results I have found in the reduction of seizures in my step-children. We have been able to reduce their medication as a result. Working with a dietitian (portioning) and family doctor is critical to the diets' overall success for seizure reduction, but it's well worth all the effort!

I'm a big fan of low carb eating, however the recipes in this book rely on having different butters and marinades and cream sauces prepared ahead of time. For somebody with a full-time job, for whom cooking is a chore rather than a hobby, the recipes are entirely too complex. Also, having to flip back and forth from a recipe to the directions for preparing a butter or sauce is really annoying. Unless your kitchen appliances have names like "Viking" or "Sub-Zero" and you have a lot of storage space for ready made sauces and the like, look elsewhere for a ketogenic cookbook. I will be selling mine.

I have a child with epilepsy who had been on the ketogenic diet for over 4 years. I purchased this book at the hospital for a few bucks, but it did not even worth that. The recepies in this book are suitable for older children, and many children starting the diet are just over or even before a year old. Even for older children many recepies in this book are not suitable because most children who start the ketogenic diet are just too disabled and just no able to eat many things for watever reasons. At last, when we started the diet in 2002, there was hardly anything on market what could be incorporated into the diet. Now, 8 years later there are so many low carb products available that the recepies in the book just mke no sence anymore. There are much better and convenient solutions available on the market. This book is out of print for good reason: it is OUTDATED.

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