

KETO NEWS

Medical University of South Carolina

Summer Edition 2018

Preparing for Your Summer Vacations

While you might be on vacation for the summer, we all know there is no “vacation” from the keto diet. Keto families often wonder if this means an end to summer travels. The answer is emphatically *NO!* Although traveling on the keto diet does require some advanced planning, it is far from impossible. If you follow these simple tips, we’re sure your vacation will go off without a hitch:

- Book accommodations well ahead of time and request a room with a refrigerator and microwave. You might consider staying somewhere with a kitchenette such as a [Homewood Suites](#) or [Embassy Suites](#), or finding an [AirBnB](#) with such amenities.
- Travel days can be stressful even when you don’t have to worry about what you or your child is going to eat. Thus, we have found that preparing meals and snacks ahead of time is best. Our seasoned veterans strongly recommend having 2-3 days worth of meals/snacks ready to go in case of delays, inclement weather, or other unforeseen events.
- If you’re flying, make sure to pack all essentials (see below) in your carry-on and let the TSA agent know that you have these items:
 - Formula and/or meals/snacks
 - Medications, including vitamin & mineral supplements
 - Syringes, utensils, and small spatulas
 - Gram scale with extra batteries
 - Recipes (this applies to both formula-fed children and those who eat by mouth)
 - Letter of medical necessity from your keto team in case of any questions about the special items in your carry-on
 - Ziplock bags and small plastic containers with tight-fitting lids
 - Masking tape and permanent markers for identifying meals
 - Ketone test strips (and cotton balls if your child wears diapers)
- Take some time to stake out the local restaurants and grocery stores near your accommodations. [By law](#), chain restaurants with 20 or more locations are required to have written nutrition information available including amount of total fat, total carbohydrates, dietary fiber, and protein. Therefore, you may want to see if any of your favorite chains are located near where you are staying. If nutrition information is not available online (such as for small, local restaurants), consider calling to see if the information can be made available.
- Not all grocery stores carry the same name brands. If your child requires a special type of heavy cream, cream cheese, etc., call around to see if the local stores carry the product. If not, you will need to bring your own supply or ask your dietitian to modify your meals using the brand that will be available.

Note: If you fly frequently, we encourage you to look into [TSA Cares](#). This is a service that provides additional assistance during security screening to travelers with disabilities, medical conditions, or other special circumstances. You may also consider applying for [TSA Pre-Check](#), which costs \$85 for 5 years.



Relax and enjoy your summer with keto friendly recipes and travel tips!

In This Issue

- Summer Travel Tips
- Refreshing Beverages
- Ways to Help with Inclusion
- Constipation Help
- CF Website Update
- And Much More!



Hydration Station: Refreshing Beverages for Summer

With hot temperatures on the way, there's nothing better than a refreshing smoothie.

You can find hundreds of "keto smoothies" on-line but remember just because a recipe is labeled keto does not necessarily make it true. Many "keto" recipes are low carb but not high fat and sometimes contain large amounts of protein which can negatively impact ketosis.

If you have a recipe you would like to try and are unsure if it fits into your keto diet plan, reach out to your dietitian to double check.

For individuals following a modified keto diet, try to find smoothies that have at least double the amount of fat to net carb and protein combined. [Check out this great guide](#) to get started making your own low carb smoothies.

Shamrock Smoothie

Makes 2 servings

Source: [Charlie Foundation](#)

Ingredients

- 136 grams or 1 Hass avocado
- 113 grams or 1/2 cup coconut milk, full fat and unsweetened
- 5 grams or 10 mint leaves
- 5 grams or 1 heaping teaspoon cacao nibs
- Sweetener of choice
- 1 cup crushed ice
- Option: A few drops of mint extract

Directions

1. Combine the avocado, coconut milk, mint leaves, sweetener and ice in a blender.
2. Blend until completely combined and smooth. The mixture will be very thick and the sides of the blender will need to be scraped at least once. If it is too thick to blend, wait until some of the ice begins to melt and then blend again.
3. Add the cacao nibs to the mixture and blend again just to evenly distribute the cacao nibs.
4. Divide the smoothie into two 1 cup servings or freeze the smoothie in popsicle molds.

Want more chocolate? [Walden Farms](#) makes a very low carb chocolate syrup. Modified ketogenic diets may be able to include a small amount of shaved dark chocolate.

Nutrition Facts (per serving): 220 calories, 22 g fat, 3 g net carb, 2 g protein

Check out these other smoothie recipes using [KetoVie™](#) and [KetoCal®](#) products.



Water Enhancers

While plain water is always a great choice for hydration on a keto diet sometimes you need a little hint of flavor.

Check out these sugar free and keto approved ways to add some flavor to your water.

Stac: Sweetened with stevia extract and natural juices and flavors.

Skinnygirl: Sweetened with stevia extract but does contain a small amount of can sugar.

Crystal Light Liquid: Sweetened with sucralose.

Mio: Sweetened with sucralose and contains a small amount of artificial colors and sweeteners.

Dasani Drops: Sweetened with sucralose and contains a small amount of artificial sweeteners, colors and preservatives.

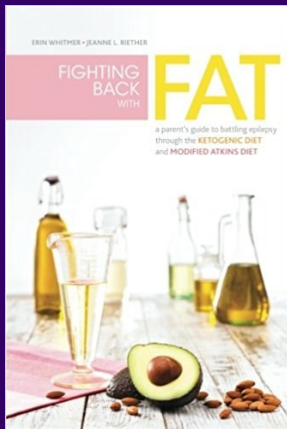
Propel Water Beverage Mix: Sweetened with sucralose but does contain a small amount of sugar. Propel is unique in that it also contains some electrolytes and B vitamins which can help replenish fluids and minerals that many people lose while they are adapting to the keto diet.

It is important to keep in mind that some of these water enhancers contain added sugars but in such small amounts that manufacturers are allowed to claim the product is carbohydrate and sugar free. Keep this in mind if you notice your ketone levels decrease after using some of these water enhancers. The added sugars may trigger an unexpected insulin increase, which can reduce ketone production.

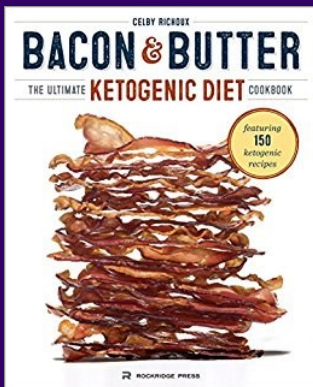
Also, make sure you stay within the suggested serving sizes that are recommended on the water enhancer that you use. By doing so, you will minimize your exposure to too many hidden net carbs.

For a complete guide on keto beverages [check out this blog.](#)

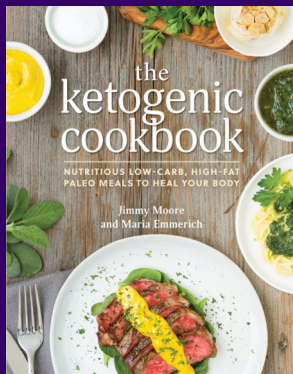
Suggested Reading



Written by two moms with children on the keto diet, this book helps educate parents about the diets and gives advice for navigating the emotional stressors of these diets.



Contains some great recipes, but keep in mind this was not written by a medical professional.



Also not written for epilepsy patients, but this is a gorgeous and useful cookbook.

Nobody Puts Keto Kids in a Corner: Tips for Ensuring Inclusion

It's no secret that keto foods look a little different, and many parents are [understandably] worried their child will feel isolated as a result. The key to ensuring this doesn't happen is pretty simple – inclusion! Read on for some tips on making your child's eating patterns as “normal” as possible.

We have found there are two useful ways to select meals for your keto kid that will ensure they feel included:

Option 1: Prepare a keto-friendly meal that is similar to what the rest of the family is having. You can work with your dietitian to create keto versions of family favorites!

Option 2: Let your child choose what they want to eat from their list of approved meals. This gives your child a sense of autonomy with a diet that they otherwise have very little control over.

- Make your child feel special instead of different! For example, you might look at your child's meal and say, “Wow that looks delicious, I wish I could have some!”
- Consider cutting back on your family's consumption of desserts, sodas, chips, etc. Not only will this decrease temptation for your keto kid, but it will improve your family's health! We're not saying you need to deprive yourself or your other children of the occasional milkshake or bag of chips, but do these things need to be part of everyday life? Having your child on the keto diet might be just what your family needs to make some dietary changes for the better!
- Plan ahead to prepare a keto treat for sweet-heavy events such as birthday parties or classroom celebrations. If sweets are used as rewards at school (although this practice is discouraged due to the growing obesity epidemic), provide non-food rewards for the teacher to give your child such as erasers, stickers, or pencils.
- Think of “normal” nicknames for keto foods such as the following:
 - Liquid heavy cream = milk
 - Whipped heavy cream = pudding or yogurt
 - Fat bombs = truffles or candy
- Watch your language when talking about the diet! Pitying statements like, “I'm so sorry you can't have pizza! I know it's hard,” will create negative associations with the diet and may actually make things worse.

One word of caution – while we want our keto kids to feel included, it is important that they learn not to share their food with or accept food from others. It may be helpful to treat the diet like a food allergy, as there are [many great books out there](#) for explaining allergies to children.

Keto Friends

The Keto Hope Foundation has established a network of experienced support parents and families who are here to help newcomers to the keto diet. Keto Friends matches new families to experienced support parents based on preferences and needs. By connecting keto diet families to experienced support parents all families can have one-on-one support, advice, and encouragement on their keto diet journey.

If you are interested in being connected to a support parent, please fill out the form located on the [Keto Hope Foundation](#) website.

If you are interested in being a support parent, please ask your ketogenic dietitian to send an e-mail to the Keto Hope Foundation at info@ketohope.org. families to a network.

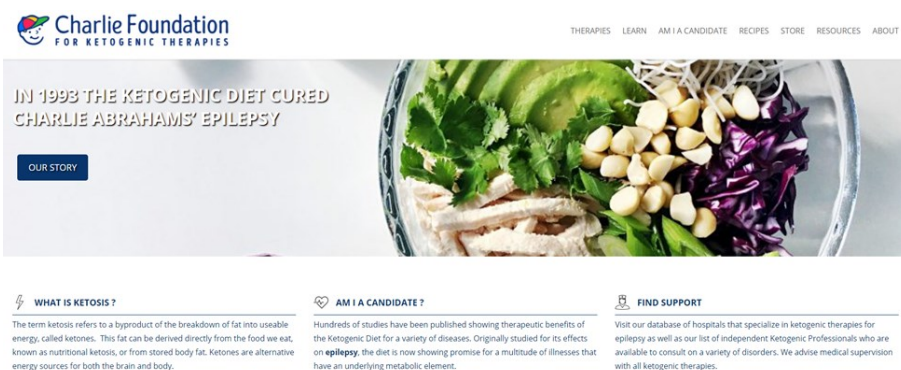


Charlie Foundation Website Gets a Facelift

If you've visited the trusty [Charlie Foundation website](#) (one of our go-to resources for patients on a keto diet) within the past few months, you might have found yourself a little lost! Things look quite different these days. Luckily, besides the addition of some *new* resources and a little re-organization with eye-catching photos, the answer is "not much". All your favorite resources are still available, and most old URLs you have saved will automatically re-route to the new, likely updated webpage. If you haven't visited in a while, we encourage you to take a look around!

Here are direct links to some of our patients' most-visited areas of the website:

- [Recipes](#)
- [Keto Diet Calculator](#)
- [List of Low-Carb Products](#)
- [Blog Posts](#)



Patient Spotlight

We are looking for patient stories for upcoming newsletters. If you or your child is on a ketogenic diet and would like to be featured in our next newsletter, please let us know.

Article Suggestions

What would you like featured in the next newsletter. Please let us know what topics you want to learn more about and we will be sure to include in future editions.

Easing the Number Two Burden: Constipation

Increase fiber consumption. Focus on tomatoes, avocado, cucumbers, flaxseeds, chia seeds, olives, lettuce, spinach and kale that are high fiber and low carb making them ideal for a keto diet.

Drink more water. Focus on hydration throughout the day. Ask your ketogenic diet team for an appropriate fluid goal.

Consume MCT oil and avocado as both are natural laxatives. MCT oil can be prescribed by your ketogenic diet team or purchased over the counter. It is important to start slow as high doses may cause stomach discomfort. Coconut oil that you can find at your grocery store has a large amount of MCT oil in it making it a great cooking oil.

If diet adjustments do not improve your bowel pattern, you may need to take further action. Discuss with your team other alternatives such as carbohydrate free laxatives or stool softeners.

Contact Us

Give us a call with any questions or concerns about ketogenic diet therapy.

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