

KETO NEWS

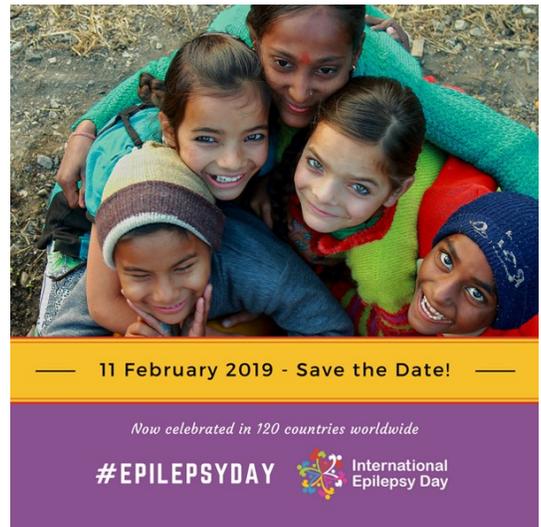
Medical University of South Carolina

Winter Edition 2019

International Epilepsy Day

Since 2015, the Epilepsy Foundation has recognized the second Monday in February as International Epilepsy Day. Celebrated on February 11th this year, it is the Epilepsy Foundation's hope that this day will help raise awareness and educate people about epilepsy and the need for improved treatment. Here are some ways to get involved:

- Are you living with epilepsy? Share your story with a global audience through the [Video Competition](#) or by posting on [this forum](#)
- Create an educational video about epilepsy and enter it into the [Video Competition](#)
- Attend an [epilepsy event](#) near you
- Enter the [Life is Beautiful](#) photo competition
- Make a [donation](#)
- Help raise money for epilepsy research by creating a [Facebook Fundraiser](#) with [South Carolina Advocates for Epilepsy](#) as your charitable organization
- When you post on social media, use the hashtag #epilepsyday and tag @IntEpilepsyDay and @EpilepsyFdn. If you post a selfie on Instagram, it will be shared on the [Epilepsy Day Selfie Wall](#).
- Share [this video](#) with your classmates to help them better understand epilepsy and what to do if they see someone having a seizure



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- Fat Bomb Recipes
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- And Much More!



International
Epilepsy Day

Label Reading Refresher

Food labels can be used to see the amount of calories, fat, carbohydrates, protein, and other nutrients in foods. It is important to read food labels closely to ensure that food choices fit into the ketogenic diet. Please note that your dietitian will give you guidelines for products and how they should fit into your meal plan. If you or your child are on the classic ketogenic diet, please only use the specific brand name that is calculated into the meal plan provided to you.

Nutrition Facts
Serving Size 1 Tbsp (15 mL)

Amount Per Serving	
Calories 50	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	17%
Trans Fat 0g	0%
Cholesterol 20mg	6%
Sodium 5mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	
Sugars 0g	
Protein 0g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2000 calorie diet.

Serving Size
Amount of food for 1 serving. Look at your child's meal plan to know what serving size he can have.

Calories Per Serving
Amount of calories in 1 serving

Total Fat
Amount of fat (g) in 1 serving. Most of the food your child will eat is high in fat.

Saturated Fat
Amount of saturated fat (g) in 1 serving. Your child's meal plan has the lowest amount of saturated fats possible.

Calories from Fat
Amount of calories from fat in 1 serving

Total Carbohydrates
The amount of carbohydrate (g) in 1 serving.
The grams of carbohydrate listed on the label are rounded up or down to a whole number. This is not specific enough for the ketogenic diet. Talk with your dietitian before using new products.

Sample Food Label: 36% Heavy Cream
Note: When shopping for 36% fat cream, look for 50 calories and 5g total fat in a 1 tablespoon serving.

Label Hints:

“Sugar Free” may mean that table sugar hasn't been added, but it's possible that other forms of carbohydrate containing sweetener have been used

“Carbohydrate Free” may mean that there are no grams of carbohydrates listed, but the product may contain other substitute ingredients that may impact ketosis

“Lite” or “Light” could mean a variety of different things from lighter color or texture, lower calories, lower sodium, etc.

Reading for ingredients:

Always read the ingredient list for and foods or medicines. It is important to read the label carefully every time you buy a product as manufacturers can change their recipes and preparation without notice.

Look for the following ingredients to avoid:

Words that end in “ose” including: dextrose, fructose, glucose, high fructose corn syrup, lactose, lactulose, maltose, polycose, sucrose, zylose (note cellulose is okay!)

Words that end in “ol” including: erythritol, glycerol, isomalt, lactitol, maltitol, mannitol, sorbitol, xylitol

Others: brown sugar, corn sugar, corn sweetener, corn syrup solids, honey, invert syrup, maltodextrins, molasses, sorghum, starch, syrup

If you'd like to add a new food into you or your child's diet, please call the dietitian before making a change. You can also bring food labels with you to clinic if you'd like to make changes.

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Patient Spotlight: Jonah

It's been a little over a year since we got an epilepsy diagnosis for our son. Jonah was the usual 3 year old. He loved bugs and sharks and was non-stop all day long, but I began to see him "space out" and thought maybe something was off but in the same thought said it was nothing. One day in October he was talking to me and zoned out. He began to blink over and over. Within a few seconds he was off to play as if nothing had happened. I began to look into causes and saw "epilepsy" and "hereditary". My heart sank. There was a family history of Absence Epilepsy. I cried for days. By nature I'm a fixer, I find problems and begin to look into the whys and how to fix it. We read up on the meds that would likely be offered and a ketogenic diet.

On our first visit I had many questions but was leaning 60/40 towards keto. Our doctors said it would be difficult and that the meds were very effective, but I didn't want easy – I wanted the best for him. When we finally met with the dietitian, I had read more and was leaning 75/25 keto. She suggested we try the Modified Atkins Diet (MAD) which is a low carb, moderate protein, high fat diet similar to the classic ketogenic diet but less restrictive. We could use regular measuring cups and spoon versus having to weigh everything on a gram scale, although I now use a scale regularly. She was very informative, but the reality was that this would be harder than I thought. My son also has dairy and egg allergies which are staples for many on MAD.



Jonah and his big brother Jaden

It took me a while to get the hang of having to measure everything and restrict his food, but we saw immediate results. We were soon seizure free. I could not have been happier. It made the diet so worth it. To not have my son miss parts of his day, worth it. To not see his smile disappear into that blank slow blink, worth it.

But then it happened. 5 months in he began to have seizures again. It wasn't any less scary seeing it for the 2nd time, and we couldn't pinpoint why they returned. He caught a cold and we had begun a carnitine supplement that was incorrectly filled (wasn't sugar free) all in 1 week. We haven't regained as strong of control since, but we continue to see benefits of reduced number of seizures and shorter duration. We continue on and believe in MAD.

We have learned a lot and here is the take away:

Epilepsy has been a curse and a blessing to us. We have learned a lot about nutrition and have becoming closer as a family with all the meal prep.

Teach your children about the diet. It will empower them to have some say in what they eat and making it. Jonah once wanted waffles and I couldn't figure out how to make them till he suggested using our bread dough in the waffle maker and it worked.

Try new things. Due to our allergies we had to experiment on our own as there aren't many guides or recipes that are safe for us. Once we found something that worked we made plenty and froze it so that our daily life could be simpler. Find recipes for cupcakes and pancakes that are keto friendly so that your kids still feels like a kid and can have treats.

Research and learn. After we lost control with the cold and carnitine supplement, I began to look into alternative sources of carnitine and found lamb could help. We tried it and his levels improved with food alone.

Have an emergency meal planned that can be made on the fly from gas station or grocery store food; life happens, and I've been in panic mode trying to think macros and reading labels in tears at a store.

Decide whether or not you will share your child's diagnosis with others. I understand keeping these things private and protecting our littles. For us sharing has allowed us to help others with what we have learned and advocate keto and its benefits for not only epilepsy but other disorders. If someone can benefit from our experience then there is some positive that has come from our journey with epilepsy.

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.

Fat Bombs You'll Fall in Love With

Strawberry Cheesecake Ice Bombs

Recipe courtesy of [Sweet & Savory Fat Bombs](#) by Martina Slajerova

Ingredients (makes 10 ice bombs)

- ½ cup (70 g) strawberries (fresh or thawed frozen)
- 2/3 cup (160 g) Original Philadelphia cream cheese
- ¼ cup (56 g) unsalted butter or coconut oil, room temperature
- 2 T powdered erythritol or [Swerve*](#)
- 1 t pure vanilla extract
- Liquid stevia, to taste
- Silicone mold of choice (various shapes and sizes can be found on [Amazon](#))

Directions

Add all ingredients to a food processor and pulse until smooth & creamy. Taste and adjust sweetness with liquid stevia. Spoon ~2 T of the mixture into each of 10 small silicone molds. Freeze for 2 hours or until set. Store in the freezer for up to 3 months



Nutrition Facts (per 1 ice bomb): 83 calories, 9 grams fat, 1 gram protein, 1 gram net carbs (~4:1 ratio)



Chocolatey Raspberry Coconut Bark

Recipe courtesy of [Sweet & Savory Fat Bombs](#) by Martina Slajerova

Ingredients (makes 12 fat bombs)

- 1/3 cup (20 g) unsweetened coconut flake
- ½ cup (65 g) macadamia nuts
- 1 cup (250 g) coconut butter
- ¼ cup (55 g) coconut oil
- ¼ cup (55 g) unsalted butter, room temperature
- 1/3 cup (30 g) unsweetened cocoa powder
- ¼ cup (40 g) powdered erythritol or [Swerve*](#)
- ½ cup (75 g) frozen raspberries (or blackberries)
- Liquid stevia, to taste
- Pinch of sea salt

Directions

Preheat the oven to 350°F. Spread the coconut and macadamia nuts on a baking sheet. Place in the pre-heated oven for 5-8 minutes until lightly golden, stirring to prevent burning. Set aside. Melt coconut butter and coconut oil in a double boiler over medium heat. Stir in the butter until melted. Add to cocoa powder and erythritol or [Swerve*](#). Mix until combined. Add liquid stevia to taste, mixing as you add. Pour the chocolate-coconut mixture onto a medium plate or tray lined with parchment paper. Scatter the raspberries, toasted macadamia nuts, and coconut over the chocolate. Sprinkle with sea salt. Refrigerate for about 1 hour or until set. Slice into 12 pieces.

Nutrition Facts (per 1 fat bomb): 248 calories, 25.4 g fat, 2.7 g net carbs, 2.4 g protein

*Note: [Swerve](#) contains erythritol, a sugar alcohol that can decrease ketosis for some people. If erythritol is not allowed on your child's diet plan, you can substitute [SweetLeaf® Stevia](#).

Lovely Peppermint Fat Bombs

Recipe adapted from www.ditchthecarbs.com

Ingredients (makes 6 fat bombs)

- ½ cup (125 g) coconut oil, melted
- 1 T powdered erythritol or [Swerve](#)*
- ¼ t pure peppermint extract
- 2 T unsweetened cocoa powder
- Heart-shaped silicone mold



Directions

Mixed the melted coconut oil with the sweetener and peppermint extract. Pour half the mixture into silicone molds. Place in the freezer to cool. Add the cocoa powder to the remaining mixture. Place in the fridge to cool. Once the white layer in the freezer is set, pour the cooled chocolate layer on top. Place back in the fridge or freezer to set.

Nutrition Facts (per 1 fat bomb): 200 calories, 21 g fat, 0.5 g net carb, 0.5 g protein (~21:1 ratio)

Missing your favorite food? Stumped on how to modify a recipe to make it keto? Check out some of these clever substitutions!

Instead Of...	Try...
Breadcrumbs	Crushed pork rinds
Rice	Cauliflower "rice"
Pasta	Zucchini noodles or spaghetti squash
Sugary, commercial pasta sauce	Rao's Pasta Sauce
Potato chips	Kale chips or cheese crisps
Tortillas	Lettuce wrap or piece of lunch meat
Milk	Heavy cream or unsweetened almond, coconut, or soy milk
Flour	Almond or coconut flour
Mashed potatoes	Mashed cauliflower
Hamburger bun	Portabella mushroom cap
Yogurt	Sour cream + whipped heavy cream
Cornstarch	Xanthan gum
Beans	Black soybeans

Ketone Testing

Do you know the difference between urine, blood and breath ketone tests? And yes I said breath... the newest way to evaluate your ketone status.

Check out [this blog](#) by Beth Zupec-Kania on the Charlie Foundation website.

She does a great job of explaining all three options including examples on when to use each and product recommendations.

Keep in mind though that your ketogenic diet team may recommend ketone monitoring a certain way based on cost and insurance coverage.

In South Carolina, there is no insurance coverage for home ketone monitoring so to reduce your cost we typically recommend urine monitoring in the home and blood monitoring only at clinic visits.



Inspiration Station: Cold Weather Cooking

Cauliflower Bacon Mac 'n Cheese

Recipe adapted from
www.alldaydreamaboutfood.com



Ingredients

- 1 medium head cauliflower, cut into florets
- 6 slices bacon, chopped (make sure it's not honey cured)
- 2 gloves of garlic, minced
- 1 cup heavy whipping cream
- 5 oz. sharp cheddar cheese, plus additional for topping
- ½ tsp xanthan gum (for thickening)
- ¼ tsp salt
- ¼ tsp pepper
- ¼ cup green onion, sliced

Directions

- 1.) Preheat the oven to 350 degrees F
- 2.) Fill a large pot with ~1-2 inches of water and bring to a boil. Reduce heat, add cauliflower florets, and cook covered for ~5-10 minutes until cauliflower is soft but not mushy.
- 3.) Drain well, then return to the warm pot for a few minutes to draw out more moisture. Drain again. Meanwhile, add the chopped bacon to a sauté pan and cook over medium heat until crisp. Remove with a slotted spoon, leaving the grease in the pan.
- 4.) Add the garlic to the bacon grease and sauté until fragrant (~30 seconds).
- 5.) Add the heavy cream to the pan and bring to a simmer.
- 6.) Add cheese and stir until melted.
- 7.) Remove from heat and whisk in xanthan gum until combined. Season to taste with salt and pepper.
- 8.) Using your fingers, shred cauliflower into smaller pieces and place at the bottom of a greased casserole dish or cast iron skillet. Sprinkle with bacon then pour the cheese sauce over the top. Sprinkle with more cheese.
- 9.) Bake until bubbly and browned, about 15-20 minutes.
- 10.) Sprinkle with green onions and serve.

Nutrition Facts: 304 calories, 24.5 g fat, 5.6 g net carb, and 11.41 g protein (~1.5:1 ratio)

Epilepsy: *Beyond the Diagnosis 2*



For patients
and
care partners



Registration
& breakfast
begin at 8:30am

An overview of
diagnostic techniques, treatments
and other ways to thrive with epilepsy

- ✿ Key Note Speakers
from MUSC, GHS & USC
- ✿ Break Out Sessions
- ✿ Vendors

Lecture Hall
2 Medical Park Road
Columbia SC, 29203

Patients: \$20

Care partner: \$10 w/patient, \$20 without
(includes light breakfast & lunch)

To register visit www.scepilepsy.org

Saturday
January 26

8:30am to 5:00pm

Must register by January 18

Contact Us

MUSC Neurology—(843) 792-3223 (adult)

Pediatric Neurology - (843) 792-3307 (pediatric)

Visit us on the web at www.musckids.org and www.musc.edu