Creative Meal Planning for the Ketogenic Diet

Cristina Visona, Dietitian, Nicklaus Children's Hospital
Jeff Bloom, proud father and Keto Expert Chef
All the KETO families at NCH

June 24th, 2016
Coral Gables, Florida
CREATIVE IDEAS COME FROM OUR WONDERFUL PARENTS...

whom spend lots of time and dedication to make this diet work for their children!
TRICKY DAYS and SCENARIOS

- PICKY EATER
- REFUSING TO EAT and DRINK
- BORED OF SAME MEALS
- HUNGRY ALL THE TIME
- SPECIAL EVENTS
- DESIRE FOR GREATER INDEPENDENCE
Ellyn Satter's Division of Responsibility in Feeding

- The parent is responsible for what, when, where
- The child is responsible for how much and whether
Think of what your child likes and write the items down.
- Chicken nuggets, puffs, mac and cheese, etc.

“Just because you’re starting keto doesn’t mean that they can’t have their favorite foods or a variation of, it just means that recipes may have to be altered”
REFUSING TO EAT and DRINK - Dietitian's TIP

- Maintain a positive attitude
- Keep meals to no more than 20-30 minutes
- Eat around your plate
- Food jags are NORMAL
- Stick to favorite foods (five menus only is OK!)
Provide consistent schedule

No grazing

All in one meals

Practice parent led meals prior to starting KG diet

MAD diet vs Classic Ketogenic Diet
ALL IN ONE MEALS

- Bowls
  - Cauliflower Rice + Meat + Veggie
  - Cauliflower Mac & Cheese
- Casseroles
- Soups
- Quiche
- Egg nog, Custard
- Smoothies
- Purees
- Meal Replacement
  - Ketogenic formulas
DO NOT hide medication in the keto food
- Child will lose trust

Don’t overthink things.
- Does your kid like pizza?
- Does he/she only eat pizza?
  - Keto pizza can work for breakfast, lunch and dinner.

It doesn’t matter what they are eating as long as it hits the ratio/calories specified by your medical team.
REFUSING TO DRINK – Parent’s TIP

- Make slushy from ice and flavor it with DaVinci Syrups or other sugar-free / carb free flavors
- Try different temperature drinks.
  - Warm, Room Temperature, Cold
- Experiment with different sugar-free / carb free flavors
- Use syringe - Some kids will accept water this way
- Make frozen water lollipop/popsicles
- Add water to cream
Add variety

New textures
Shapes
Colors
Presentation
Finger foods vs spoon fed

Items like SF jello, avocado, cheese, sour cream, cream cheese, different oils, nuts
BORED WITH CREAM

- Present cream in a variety of ways
- Mixed with water, flavored, sweetened
- Made into warm Cocoa
- Whipped
- Mixed into diet/caffeine free chocolate soda/root beer
- May be replaced with larger fat portions
BORED OF SAME MEALS
- more Dietitian's TIP

- Commercially available ketogenic foods and formulas (liquid/powder/flours)

- Bread, doughnuts, pizza, cereal/nut bars

- Low carb FOODS
  - Tortilla, some breads, quinoa, Miracle Noodle Angel Hair Shiratake
  - Almond and coconut flour, flaxseed meal,
  - Chia seeds, Hemp seeds
BORED OF SAME MEALS
- more Dietitian's TIP

- Creative recipes using keto friendly alternatives and products
  - Egg whites: taco shells, burrito, quesadilla, pizza crust
  - Eggplant or pepperoni: pizza crust
  - Squash: pasta
  - Ground nuts: breading
  - Lettuce: burritos or wraps
HUNGRY ALL THE TIME
- Dietitian's TIP

○ HUNGER or BEHAVIOR?
○ Smaller plates
○ Use GROUP A veggies (per ketodietcalculator)
○ Use FRUIT 10% (per ketodietcalculator)
○ Use free foods
○ Make sure everything is eaten
  ○ Use spatula to scrape off all food from containers
○ Make sure all fluids are consumed
○ Re-assess to see if need to increase calories
- **Parent’s TIP**

- After several weeks of being on Keto, typically the appetite will decrease.

- Break the meals up into smaller more frequent offerings.

- Avocado Oil works great for suppressing the feeling of hunger.

- You can add avocado oil to food or create a Fat Bomb drink with club soda and Avocado Oil, add a little DaVinci Syrup for flavoring.
EATING OUT - Dietitian's TIP

- Bring your scale to weigh foods at restaurant
  - May need to bring your own cream or fats

- Bring keto meal and order something similar

- Ask to speak to manager to make special accommodations
Try to have a few cold meal options that do not need to be heated.

Some restaurants are a little funny about warming up food.
- Portable car ovens can be purchased on Amazon
- Food can be warmed on the way to the restaurant

Call the restaurant before going and speak with the manager.
- Explain to the manager that it’s a medical diet
- Offer to buy a kids meal but request that they simply warm the food you brought
SPECIAL EVENTS - Dietitian's TIP

- Bring KETO items
- Creamsicles
- Pepperoni chips
- Pork rinds
- Lunch meat and cheese roll ups
- Tuna salad
- Veggies and dressing
- Guacamole
- Ketogenic Chocolate Candy
- Coconut Candy
BIRTHDAY!!

Make a ketogenic cake!!
- Nut-less Chocolate Cake with Whipped Cream
- Charlie Foundation Chocolate Cake
- Cheesecake
- Muffins
Rule 1 - Breathe don’t worry

Call the person hosting the party and let them know that your child can’t have food and not to worry because you will be bringing food for your child.

Ask what food will be served and make keto versions if possible.
GREATER INDEPENDENCE - Dietitian's TIP

- Allow your child to
- Decide their menu
- Weigh their own foods
- Calculate their meals
- Self feeds (finger foods)
- Consider transitioning to MAD Diet if medically indicated
PA R E N T S C R E A T I O N S

OMG Chocolate Cake  
Gabbys PB cookies  
Cream Cheese Waffles

Cup cakes  
Keto Éclairs  
Keto Hot Dogs
Parents Creations

Pizza with almond flour crust

Faux tater tots

Classic Meal per CF
RESO URC ES

- www.dravetfoundation.org
- www.charliefoundation.org
- myketogenicdiet.co.uk
- www.g1dfoundation.org
- www.akfus.org
- www.CureEpilepsy.org
- www.ice-epilepsy.org
- www.epilepsy.org
- www.ellynsatterinstitute.org/