

QA3 – Infant Ketogenic Diet

QUESTION:

I am working with a 9 month old baby who was recently put on a ketogenic diet. Other than her seizure disorder she is a developmentally normal infant. I am concerned about making sure she is offered a variety of textures. Has anyone used crackers, cheerios...as part of a mealplan?

ANSWER:

Yes, it is possible to incorporate small amounts of crackers and cereals as part of a ketogenic meal plan, though it may take up all the allotted carbohydrate for the meal. One or two menus with crackers or cereal would add texture variety. Keep in mind that keto foods can also be prepared to provide the texture variety.

See this web site for KetoDiet FAQ's.

<http://www.netphonic.com/demo/stanford/ketodiet.html>