

Resources for the Ketogenic Diet

Boston Medical Center

Helping Your Child Succeed on the Ketogenic Diet

by Deborah Ann Snyder, DO

Dr. Snyder is a family physician with a 4-year-old child on the ketogenic diet. She offers practical advice for families.

176 pages

\$16.95

<http://demosmedpub.com>

The Ketogenic Diet: A Treatment for Children and Others with Epilepsy 4th Ed

by John M. Freeman, MD, Eric Kossoff, MD, Jennifer B. Freeman, Millicent T. Kelly, RD, LD

This is a very useful book to read even before beginning your journey with the classic ketogenic diet and modified versions such as the Atkins diet. It is an excellent reference.

328 pages

\$24.95

<http://demosmedpub.com>

KetoCalculator

Web-based program for dieticians

designed by Beth Zupec-Kania, RD, CD and sponsored by Nutrica North America

The KetoCalculator is a Web-based program for dieticians to assist in the mathematical calculations necessary for the diet.

<https://www.ketocalculator.com>

The Ketogenic Diet Journey; Parent's Guide

by Beth Zupec-Kania, RD, CD

This 36-page booklet offers great advice for food preparation and troubleshooting sick days and adverse effects.

\$3.00

write to: Ketogenic Seminars, PO Box 188, Elm Grove, WI, 53122