

TOTO

and the ketogenic diet



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Nadine Benzler

Hello, my name is Toto and I have epilepsy. In my epilepsy training, I learnt that there are many different forms of epilepsy and seizures.

Today my friend Anna invited me over. She also has epileptic seizures. Her doctor prescribed the ketogenic dietary therapy for her.

Imagine, she is only allowed to eat very small amounts of fruit and vegetables, but needs a lot of fat.

Hmm, I wouldn't mind not eating carrots, but as far as strawberries are concerned, I could gobble up a huge bowl of them any time.

I'm excited to hear what Anna can tell me about her special diet.





We ring the doorbell.

Anna's mother: Hello, Toto, come in.

Anna is already waiting for you.

Toto: Hello, Mrs Heise. Hello, Anna, how are you?

Do you have any plans for us today?

Anna: Hello, Toto, it's nice to see you! How about we cook something together? You wanted to know what I'm allowed and not allowed to eat. There's some really yummy stuff. I try something new every day.

Toto: Oh, yes, that's a great idea!

Toto: Anna, what is it like with your seizures?

Why don't you just take pills like I do?

Anna: Unfortunately, pills don't help with my epilepsy. That's why I started the ketogenic diet a year ago. First my mum and I spent a week in the hospital.





The people there explained to us exactly how to choose, weigh and prepare foods so that my body can adjust to the new diet.

In the ketogenic diet, almost no carbs are allowed. Carbs are found in pasta, potatoes, bread, flour and sugar, for example. Only when I eat a lot of fat can my body convert it into special substances: ketones. These ketones give my brain the right energy so that it can work properly and I have fewer seizures.

Toto: Really? So you eat a lot of butter? And cream?
Hmmm, yum.

Anna: Yes – but I don't like having my fingers pricked. I have to put a small drop of blood on a small device from time to time to measure my ketone level... but it doesn't hurt as much as skinning your knees or elbows! Now let's get started with cooking – how about pizza?

Toto: Great, I love pizza!

The two go to the kitchen and take everything they need for their cooking session out of the cupboards.





Toto: Is there anything else you have to keep in mind apart from your diet?

Anna: Yes, I'm not allowed to eat sweets. Otherwise, my ketone levels would drop and my seizures could come back.



But there are great recipes for delicious muffins and homemade ice cream. I've discovered some of my new favourite dishes.

My mum says that the ketogenic diet doesn't help all children, but it helps me very much. I have no epileptic seizures anymore.

Recipe

Ingredients for the dough

- Grated mozzarella
- Cream cheese
- Egg
- Ground almonds instead of flour

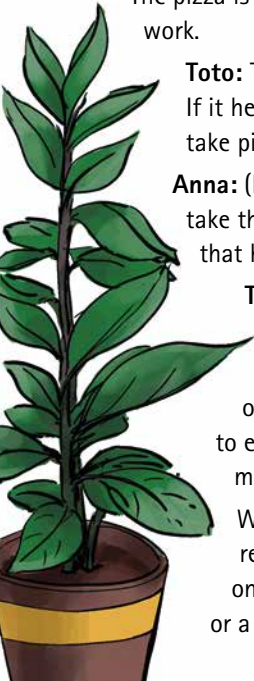
Ingredients for the topping

- Tomato puree
- Grated gouda
- Salami, mushrooms or olives

The pizza is seasoned with pepper, salt, garlic and oregano. Of course, I first need to carefully weigh all ingredients to make sure that I have the appropriate amounts for my diet.

The pizza is baked at 200 degrees Celsius for 25 minutes.





The pizza is ready and the two are enjoying the result of their work.


Toto: The pizza tastes really good and smells wonderful. If it helps prevent seizures, I'd also rather eat pizza than take pills.

Anna: (laughs) But it's the same as with pills. You don't just take those of your grandma. In your case, it's certain pills that help, in my case, it's the ketogenic diet.

Toto: And how does it work when you are at school or with friends?

Anna: My mum or dad calculate my food with an online programme and I take it with me the next day to eat at school or in the afternoon. I particularly like the muffins and the chocolate cookies.

We always prepare larger amounts of my favourite recipes and freeze some of it. Between meals or on the go, there are snacks like nuts or a special formula.





Notes for parents

KetoCal products are foods for special medical purposes (balanced diet). They are designed for the dietary management of drug-resistant epilepsy and other conditions requiring ketogenic dietary therapy. They are intended for use under medical supervision only.

Ketogenic special products can be reimbursed by health insurance.

Useful links

www.facebook.com/KetoCalforYou

www.meinketoplaner.info

www.ketocal.de



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Your child has epilepsy? Than you have come to the right place!

Epilepsy is the most common neurological disease. More than half of the cases occur in childhood and adolescence, i.e. in the first two decades of life. About 80 – 100 out of 100,000 babies are diagnosed with epilepsy and 50 out of 100,000 children at the age of 10 – 20 years.

An epilepsy diagnosis causes major changes in a family's life. Parents have a lot of questions and there is a huge variety of information on the Internet. In many cases, specific individual counselling is more effective. And who would have more day-to-day experience with epileptic children than other parents?

Our work is aimed at empowering parents. Every child should receive the support that matches their abilities!

Providing education, breaking down prejudices and offering ways to reduce the burden is therefore very important to us.

www.epilepsie-elternverband.de



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