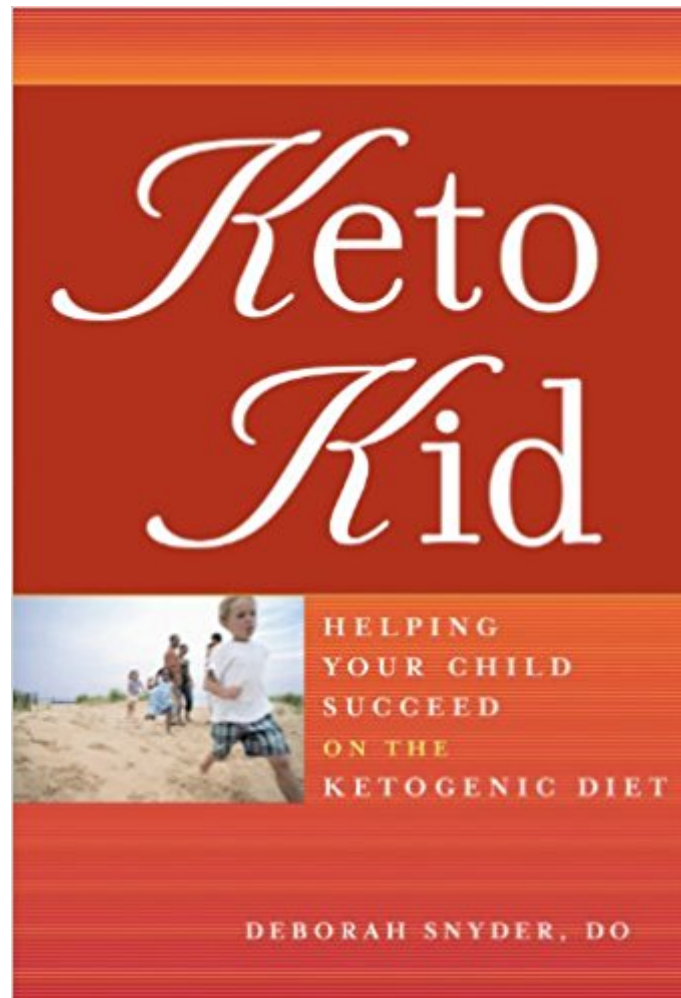




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Keto Kid: Helping Your Child Succeed On The Ketogenic Diet



Synopsis

"For more than half of all children with epilepsy, the only reliable way to control seizures is the ketogenic diet, a rigid, mathematically calculated, doctor-supervised regimen that is high in fat and low in carbohydrate and protein, and strictly limits both calories and liquid intake. In *Keto Kid: Helping Your Child Succeed on the Ketogenic Diet*, Deborah Snyder, a family physician and mother of a four-year-old, keto kid, provides compassionate advice for parents transitioning to a lifestyle where one extra bite of food can have serious repercussions on a child's health. This unique book gives readers all the facts about the day-to-day management of the diet, while communicating the emotional struggle encountered by children when they mourn the loss of their favorite foods, and must learn rigid self-denial at a very young age. Topics covered include: Recipes for keto-friendly meals, and tips for making this limited diet more interesting Managing deeply food-oriented occasions like holidays and parties Time-saving strategies, such as pre-weighing and freezing meals Dealing with the emotional loss of a child's favorite foods A day-by-day account of life on the ketogenic diet, in diary form And much more! Snyder is calm, direct, and above all, hopeful. *Keto Kid* is a practical guide that will enable families to successfully master the ketogenic diet, while making the experience as pleasant as possible for both child and parent."

Book Information

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Customer Reviews

"This is a practical guide to using this diet to feed a child with seizures--menus, strategies, special holidays, and psychological tips. Parents should find all of this helpful. The recipes alone are

golden... This is a very useful book. I will recommend it to every parent who may use the diet for a child with difficult to control epilepsy." --Doody's Reviews (Doody's Reviews 20100503)

Deborah Ann Snyder, DO, graduated from the Ohio University College of Osteopathic Medicine. She is a family physician in Hermitage, Pennsylvania. At the age of four, her son Bryce began having uncontrollable seizures for which he was prescribed the ketogenic diet. After the diet's two-year course, her son Bryce is seizure-free.

This book is an excellent resource for anyone preparing for, or going through, the diet. The author includes personal experience, resources, recipes, product suggestions, & diet tips. A must read for parents of "Keto Kids." It has been an invaluable resource for us and was very reassuring when we were preparing for the diet for our little one, and is still a great resource for us to get ideas and even a form of support from. So grateful she wrote about her family's experience!

This book is fantastic for parents with children on the ketogenic diet. I love the combination of fact, recipes and personal experience. I just marked 15 new recipes I want to try last night. So glad to have options other than those from the hospital. The author shares her own journals through their families journey. I have found these incredibly helpful as I go through many of the same thoughts, fears and experiences. Great to know someone has been there before me.

The writing was not bad. It was the authors approach on getting her child to eat keto that I did not agree with.

Since my 5 year old started the Keto diet I was anxious and nervous. This book is short and sweet. But best of all very informative in a plain English parent to parent setting. You receive good advice that makes sense and has actually helped me help my child transition from a no schedule almost no limit of food to a highly restricted diet. Highly recommend.

WOW!! I do not think that we would have been as successful if it wasn't for this book. My son was 3 when starting the Ketogenic Diet and this was a life saver...really. This is a MUST HAVE if you have a child starting keto.

Helped

We bought this book along with "Ketogenic Diets" by Freeman et.al, which is considered to be the authoritative book on the subject. I'm concerned that even in the preface of "Keto Kids," there is no mention that this diet must be undertaken under close supervision by a hospital or clinic specialized in administering the ketogenic diet. Our daughter is set to begin the diet at Stanford next month, and it begins with a 4-day hospitalization to determine her exact caloric needs for growth and management of her metabolic disorder. The book has no quotes from the medical community to lend credibility to the author's recipes. I am also disturbed by the author's frequent references to God in a book geared at parents who are dealing with serious illness in their children. Many of us are not religious and put our confidence in science and medicine, despite the fact that there are still unknowns about the diet. To suggest that some other force is at work in the case of sick children and their treatment is irresponsible, especially for a professed "family physician."

As one who is seriously considering the ketogenic diet to treat my daughter's epilepsy, I've been eagerly devouring any books even remotely related to the ketogenic diet. As the possibility of implementing the diet begins to loom, I finally ordered this book. To say it's disappointing is an understatement. I'm giving two stars only because, I suppose, if you *started* with this book, you might find it helpful. But I would not suggest starting here, nor would I suggest buying it at all. From the outset, I found it to be strangely organized. The first chapter is on holidays. Don't get me wrong: holidays are important and absolutely should be included in the book. But as the first chapter, before "Coping with the Diet"? No. I also found it to be badly edited. In addition, it was highly repetitive. I would read something and think, "Didn't she just say this a few pages ago?" It's a short book, with at least half devoted to recipes, so the repetition is especially odd and noticeable. With regards to her recipes, I didn't find them to be particularly helpful. She gives you a recipe, but doesn't *tell* you anything helpful about it--like the ratio--because she wants you to do the math yourself. I do not deny that learning to do the math on your own is important, but how are these recipes meant to be useful if you have to recalculate them all on your own? Finally, her suggested notes for caretakers, while basically helpful, are strange written. For instance, in the proposed note--which the author actually used--, "Grandma's instruction for a parents' weekend away," Grandma is instructed thusly: remove foil from frozen dinner, replace with plastic wrap, heat in microwave until warm. And: put a straw cut to 2/3 its original size into the cup of cream. I'm sorry, but is Grandma brain dead? If Grandma needs to be instructed how to use a microwave and toaster, then I would suggest she is not capable of caring for ANY child, let alone one on a special diet. I cannot recommend that anyone

buy this book. I highly recommend "Fighting back with Fat" and "The Keto Cookbook." These books contain all the info that is to be found in "Keto Kid" (plus more!) they're arranged better, written better, and are FAR more helpful.

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