

Points To Know About Ketogenic Diet For Children



What is the physiology involved?

The inclusion of more protein and fats while decreasing the number of carbs alters the metabolism of the body.



The body will now break down and use fats instead of carbohydrates to provide energy.



How should the diet start?

Consult the hospital's ketogenic diet team about your child's keto diet.



They may test urine and blood samples to assess the ketones and glucose levels.



Your child may be measured for their height and weight.



The dietician may calculate the number of carbs, protein, and fats your child should take.



What to expect?

Children may continue with a keto diet for two years, but the duration may differ based on their condition.



The products used daily, such as mouthwash or toothpaste, may have to be checked for carbohydrate content as it may affect the diet outcome.



Reference

1. Ketogenic Diet for Kids; Children's Hospital of Philadelphia