



CANADA

Ketogenic Dietary Therapies

Information Training Research Support

Getting Ready to Start a Ketogenic Diet





Ketogenic Dietary Therapies

Information Training Research Support

Getting Started

The ketogenic diet is a high fat, adequate protein, low carbohydrate diet. Although there are different versions of the diet available, the basic principles are the same. They do mean making changes at home and being well prepared will help you make the necessary changes.

Your ketogenic dietitian will provide you with a specific ketogenic diet plan which will be tailored to your needs.

Prior to starting your dietitian-approved ketogenic diet plan, some changes can be made at home. Make sure to just introduce one new thing at a time and report back to your ketogenic medical team:

- Week 1 Establish regular meal / snack times
- Week 2 Cut out all sweets / chocolates / cakes / cookies
- Week 3 Increase fat intake
- Week 4 Slightly decrease starchy carbohydrates (by no more than $\frac{1}{4}$ of a portion), in particular refined carbohydrate such as bread, pasta, rice and potato.

Week 1: Establish regular meal and snack times

Eating at predictable times for your meals and snacks is very important for ketogenic diet therapy. The ketogenic diet should be treated like a medication that needs to be taken at regular times throughout the day to be effective. If you are in a habit of missing or skipping meals or snacks – it is best to try to correct this habit first before beginning the ketogenic diet therapy. It is very important!

If you need more than one week to achieve this then take the time to do so. If there are boundaries to achieve a regular routine this is something you need to bring to the attention of your ketogenic diet team. Your team may be able to help you overcome these boundaries.



Week 2: Decreasing Sweet Carbohydrates

Sugary carbohydrates need to be decreased prior to starting the diet. Sugar is not an essential part of the diet and the whole family can benefit from reducing their sugar intake.

Avoid	Alternative
All candy & chocolates (including diabetic sweets)	Fruit such as berries or rhubarb
Jam, honey, sweet spreads	Cheese, cream cheese, peanut butter, butter, margarine
Sweetened pop, fruit juice, fruit punch	Water, sugar free or diet drinks
Sweetened milk shakes, hot chocolate or speciality sweetened coffees	Plain full fat milk mixed with whipping cream (50:50)
Biscuits & cookies	Crackers or rice cakes with margarine or butter or cream cheese
Cake & puddings	Fruit/sugar free jello with cream
Sweetened Breakfast Cereals (eg Honey Nut Cheerios or Frosted Flakes)	Omelette, boiled or scrambled eggs, ham, bacon with whole grain toast with butter

MATTHEWS FRIENDS

CANADA

Ketogenic Dietary Therapies

Information Training Research Support

Week 3: Increasing Fat Intake



A high fat intake is an essential part of any ketogenic diet. Fat needs to be increased gradually prior to starting the diet to reduce symptoms such as nausea, heartburn, or diarrhea.

- Swap to full fat foods (e.g. use full fat products such as yogurt, milk, butter).
- Fry foods in oil, butter, ghee, or margarine instead of grilling. Choose oils such as olive, canola, coconut.
- Melt butter or margarine on to vegetables or potatoes. Spread thickly on bread, toast, or crackers.
- Add mayonnaise or oil to salads.
- Add whipping cream to desserts, sauces, soups, and mix with full fat milk (50:50 cream:milk).
- Try making some egg custard or quiche recipes using whipping cream and full fat milk.

Start by adding extra fat (e.g. mayonnaise, oil, butter, whipping cream) to one meal per day and build up to every meal over two to three weeks.





Ketogenic Dietary Therapies

Information Training Research Support

Week 4: Decreasing Starchy Carbohydrates

- Slightly decrease starchy carbohydrates (by no more than $\frac{1}{4}$ of a portion), in particular refined carbohydrate such as bread, pasta, rice and potato.
- It is important to still include sufficient carbohydrate calories at this stage to ensure that you do not become ketotic. Regular monitoring of blood sugars and ketones will be needed once you start your ketogenic diet.
- Continue to include the following foods in slightly smaller portions while adding fat sources:

Rice or Pasta	Add whipping cream to sauces; Add margarine or butter
Potatoes or French Fries	Add margarine or butter; mash with butter & cream; fry or roast in oil
Breakfast Cereal (lower sugar versions)	Use full fat milk mixed with whipping cream
Bread or Crackers	Add margarine or butter liberally
Vegetables	Add melted margarine or butter
Salad	Add oil or mayonnaise
Fruit	Add whipping cream (liquid or whipped)



Protein

Protein sources should continue to be eaten as usual to provide calories and maintain growth. Examples include:

-
- Fish
- Beef
- Chicken
- Pork
- Moose
- Eggs
- Cheese
- Duck
- Lamb



To increase fat intake with protein sources:

- Fry where possible and serve with creamy sauces.
- Scramble eggs with butter and cream or used to make an omelette.
- Add margarine or butter to gravy.
- Mix mayonnaise and cream with herbs/spices to make a dip or sauce.





If you have any questions please connect with your ketogenic diet team or Matthew's Friends Canada. Other publications are available to support you. Feel free to contact us:

Email

Info.canada@matthewsfriends.org

Head Office Address

Unit 4 -2160 Dunwin Drive
Mississauga, ON, Canada
L5L 5M8

Telephone

1-844-MFC-KETO or 289-652-1929

Please visit our website:

www.matthewsfriends.org

Last revised in October 2015.

Acknowledgements to the following Canadian Ketogenic Registered Dietitians:

Sarah Chapman BSc.RD (Janeway Children's Health & Rehabilitation Centre), Alex Ferguson BSc.R.D. (BC Children's Hospital), Helen Lowe MSc.R.D (Hospital for Sick Children), Amanda Paashius MSc.R.D. (McMaster Children's Hospital), Jennifer Fabe BSc.MSc.R.D. (McMaster Children's Hospital and Matthew's Friends Canada).