

Our Mission

To improve the quality of life and independence of those who are requiring the ketogenic diet therapy for epilepsy and other neurological disorders.

Achieved through:

- ◆ Raising public and professional awareness of ketogenic diet therapy as a treatment option
- ◆ Providing relevant, evidence based information
- ◆ Providing support to families and patients during their journey of treatment
- ◆ Supporting learning/training of health care professionals



Information • Training • Research • Support

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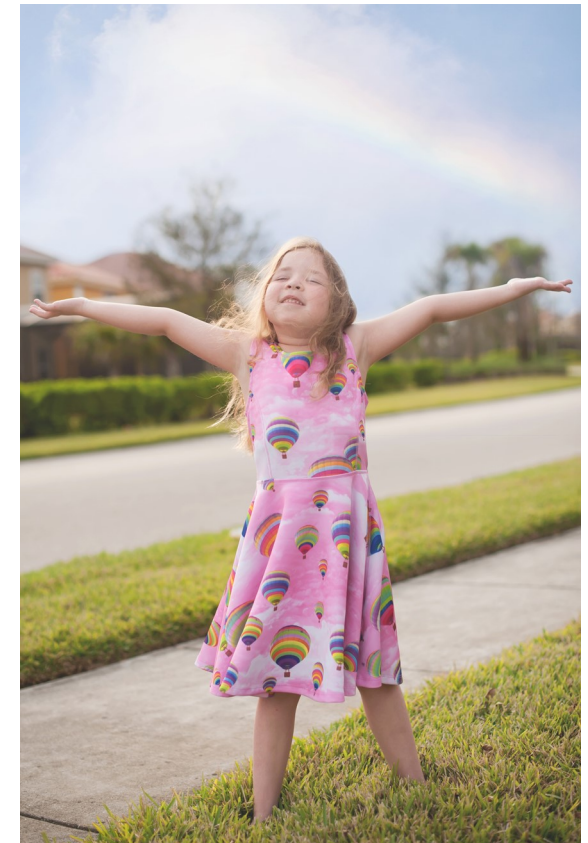
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Matthews Friends Canada



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What is the Ketogenic Diet?

The Ketogenic Diet is one of the oldest forms of medical treatment for epilepsy. It is a **high fat, adequate protein and low carbohydrate diet**. The Ketogenic Diet is a medically supervised treatment for controlling seizures by switching a body's primary metabolism to a fat based energy source, rather than utilizing glucose. Ketogenic diet therapy may be adapted for cultural diversity, allergies and tube feeding.



Common Questions

Are there different types of Diet Therapy for Epilepsy?

Yes. They differ between the amount and type of fat, protein and Carbohydrate used. Your medical team will help you determine the diet best suited for you or your child.

Some different types of Diet Therapy:

- ◆ Classic (Traditional) ketogenic Diet
- ◆ MCT oil based ketogenic diet
- ◆ Modified Atkins Diet
- ◆ Low glycemic index diet
- ◆ Modified keotgenic diet



How effective is the ketogenic diet in controlling seizures?

60% of children who try a supervised ketogenic diet experience a 50% or greater reduction in seizure frequency.

40-50% of adults who try a supervised ketogenic diet experience a 50% or greater reduction in seizure frequency.

How can I begin the Ketogenic Diet?

The ketogenic diet must be initiated under trained medical supervision. It can be initiated from home (outpatient) or in the hospital (inpatient). Beginning the diet start with removing the regular diet and replacing it with the higher fat, adequate protein and low carbohydrate diet.