



## Keto Kid: Helping Your Child Succeed on the Ketogenic Diet

*Deborah Ann Snyder DO*

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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.



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Have you spare time to get a day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity intended for spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to the Mall. How about open or maybe read a book allowed Keto Kid: Helping Your Child Succeed on the Ketogenic Diet? Maybe it is to become best activity for you. You understand beside you can spend your time along with your favorite's book, you can smarter than before. Do you agree with the opinion or you have various other opinion?

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