



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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