



Caregiver Tips

Make managing the ketogenic diet easier

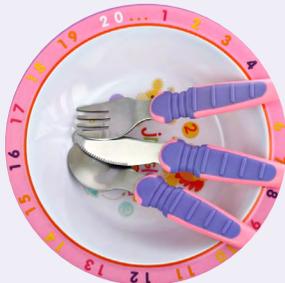
Check out these tips and more at myketocal.com/ketocalconnect



1. Have the right tools

Having the right tools can make all the difference for keto cooking. Below are some of the essentials.

- **Gram scale:** The most essential tool for weighing foods
- **Many small dishes for weighing:** Perfect for weighing small amounts of foods for recipes
- **Small silicone spatulas:** Helps to get every bit of food from the dish
- **Mini whisks:** Easy to whisk small amounts of food
- **Silicone bakeware:** Helps keep the fat in the food



2. Make your child's keto meals extra special

- With young children, many parents find it helpful to present the ketogenic diet to their child as a special "princess diet" or "super hero diet" just for them.
- Special plates, bowls, straws, etc. can go a long way in making keto meals and drinks fun and appealing.



3. Make keto versions of your favorite family meals

Many keto meals can be made similar to meals the rest of the family enjoys! This allows your child to feel like he is eating the same thing as everyone else.

- Serve your child KetoCal® pizza on family pizza night!
- Try our tasty cauliflower & cheese recipe in place of mac & cheese!

KetoCal is a medical food for use under medical supervision.



For more tips, support, and recipes, visit myketocal.com/ketocalconnect





4. Lean on your keto dietitian

- If your child is bored with his current recipes, ask your dietitian for new recipes!
- If you find keto recipes online, ask your dietitian to adjust them to meet your child's ratio and nutritional needs.



5. Have a back-up plan for unexpected situations

We don't have to tell you that life can be unpredictable. Having KetoCal 4:1 LQ on hand is a great way to ensure that you have a meal or snack available for unexpected situations like traffic jams, lost lunch boxes or last-minute babysitters.



6. Plan ahead for parties and social gatherings

- Send or bring along a keto-friendly meal or treat for your child to enjoy.
- When possible, check with the host about which foods will be served so that you can make a keto-friendly version for your child.
- Explain your child's ketogenic diet to the adults, so that everyone knows not to offer your child foods that might be tempting.
- If your child is old enough, talk with her ahead of time so that she knows to only eat the food that you have provided.



7. Embrace non-food treats

While it's possible to make keto-friendly treats for your child, oftentimes a non-food treat is just as exciting

- Inexpensive toys like bubbles, pencils, stamps, or stickers are always a hit!
- Perfect for Valentine's Day, Easter, Halloween or Holiday treats!



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visit myketocal.com/ketocalconnect

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