

Three glass jars containing blended keto recipes are arranged on a light-colored surface. The top jar contains a white smoothie, the bottom-left jar contains an orange smoothie, and the bottom-right jar contains a green smoothie. A purple cloth with a dotted pattern is partially visible on the right side of the image.

NUTRICIA KetoCal[®]

*Blended With
a Touch of
Homemade Love*

**Blenderized diet recipes
using real food with
KetoCal[®] & Liquigen[®]**

Three keto dietitians, Lindsey, Laura and Jessica share their favorite blenderized keto recipes to inspire you.

These recipes are intended to be used by healthcare professionals.

Are your patients asking for a blenderized medical ketogenic diet?

A blenderized diet approach can be time-consuming, and it may be difficult to ensure that it meets 100% of a patient's nutritional needs.

Let us help you make it easier.

We consulted with 3 keto dietitians, Lindsey, Laura and Jessica, who shared their favorite recipes with us and their best tips to make it simpler. Everyday.



Lindsey Thompson,
PhD, RD, CSP, LD



Laura Dority,
MS, RD, LD



Jessica Brown
RD, CSP, CNSC, CLEC

KetoCal® and Liquigen® are medical foods for the dietary management of refractory epilepsy and are intended for use under medical supervision.

Dear Healthcare Professional,

The blenderized recipes in this book are a unique combination of real food with KetoCal® and/or Liquigen®. They are intended to be used as inspiration for your patients who are tube-fed and looking to add more real foods into their diet.

All of these recipes can be used in long-term medical ketogenic diet plans. KetoCal is nutritionally complete, and as a liquid base provides nutrients that you cannot get in water or unsweetened nut-based milk alternatives. Using KetoCal as your base provides a consistent source of nutrients, which may reduce your patients' reliance on vitamins and minerals. You will still need to monitor their nutrient intake and determine if additional vitamin and mineral supplementation is necessary.

You can also use these recipes as a transition from ketogenic formula to a real food blend. Incorporating your patient's KetoCal into the transition can help stabilize ketone levels during the transition and provide a sense of comfort and familiarity to families and patients.

We have also included several "super" recipes focusing on nutrient-dense foods that may be deficient in our ketogenic patients. For your patients with allergies, we have added recipes that are free of the top 8 allergens. Liquigen is an emulsified MCT oil and is a great ingredient to add to the allergy-free blends. A small amount goes a long way, and you will not need to worry about your real food ingredients separating.

Keep in mind these are only suggestions, and the combinations of real food ingredients with KetoCal and Liquigen are endless. Use this resource as inspiration to create your own recipes based on your patients' needs.

Enjoy and happy blending!

Lindsey Thompson, PhD, RD, CSP, LD

Laura Dority, MS, RD, LD

Jessica Brown, RD, CSP, CNSC, CLEC



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These recipes are intended to be used by healthcare professionals.

All recipes were calculated using KetoDietCalculator available from The Charlie Foundation. These recipes can be adapted to your patient’s needs by adding the recipes or ingredients to your patient’s profile and adjusting as necessary.

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Simply Shake



Chicken and Vegetable Starter Blend

This is a great introduction to blends. This recipe utilizes baby food and KetoCal® 4:1 LQ as your base – no cooking or special blender required!

Ingredients

Ingredients (for 500 kcal)

	4:1	3:1	2:1
Baby Food, Green Beans, g	20	45	98
Baby Food, Butternut Squash, g	10	37	86
Baby Food, Chicken, g	20	21	20
Oil, Avocado, g	14	12	9
KetoCal 4:1 LQ, g	237	237	237
Water*, mL	205	155	55

*Indicated mL of water added yields ~ 500 mL of total volume which is 30 kcal/oz.

Instructions

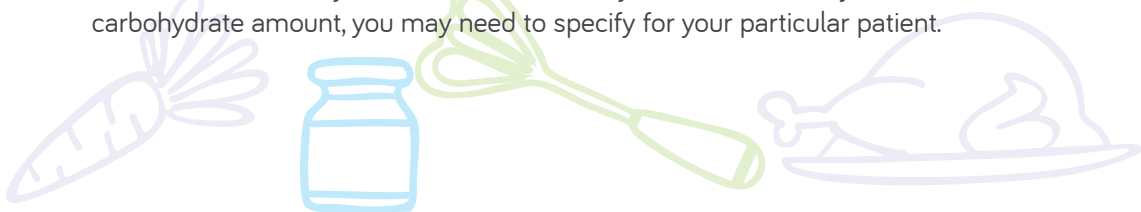
1. Weigh each ingredient on a gram scale.
2. Add 1 drink box (237 mL) of KetoCal 4:1 LQ to the container.
3. Add remaining ingredients to the container; use a spatula to scrape as much of the ingredients into the container as possible.
4. Mix ingredients together using a whisk, shaker bottle or blender, if desired..
5. Add salt and micronutrient supplements, as necessary, to meet nutrient needs.

Nutritional Composition

	4:1	3:1	2:1
Energy, kcal	500	500	500
Fat, g	50.3	48.4	45.5
Protein, g	9.6	10.1	10.9
Carbohydrates (net), g	2.9	6	11.8

Expert tips

- Choose baby food proteins without added cornstarch to maximize your carbohydrates from vegetable sources.
- Check brands of baby food for hidden carbohydrates. While many are similar in carbohydrate amount, you may need to specify for your particular patient.



Simply Shake

Pumpkin Apple Blend

This recipe is great for traveling or can be used as an emergency back-up recipe – no blender required!

Ingredients

Ingredients (for 500 kcal)	4:1	3:1	2:1
Applesauce, Unsweetened, g	10	32	59
Pumpkin, Canned, Unsweetened, g	10	38	100
Oil, Canola, g	27	25	22
Egg, Whole, Dried, g	13	12	12
KetoCal 4:1 Powder, g	25	26	26
Water*, g	415	370	285

*Indicated mL of water added yields ~ 500 mL of total volume which is 30 kcal/oz.

Instructions

1. Weigh all ingredients on a gram scale.
2. Combine together wet and dry ingredients to form a paste. Use a spatula to scrape as much of the ingredients into the container as possible.
3. Whisk in water slowly until completely incorporated into the mixture.
4. Add salt and other micronutrient supplements, as necessary, to meet nutrient needs.

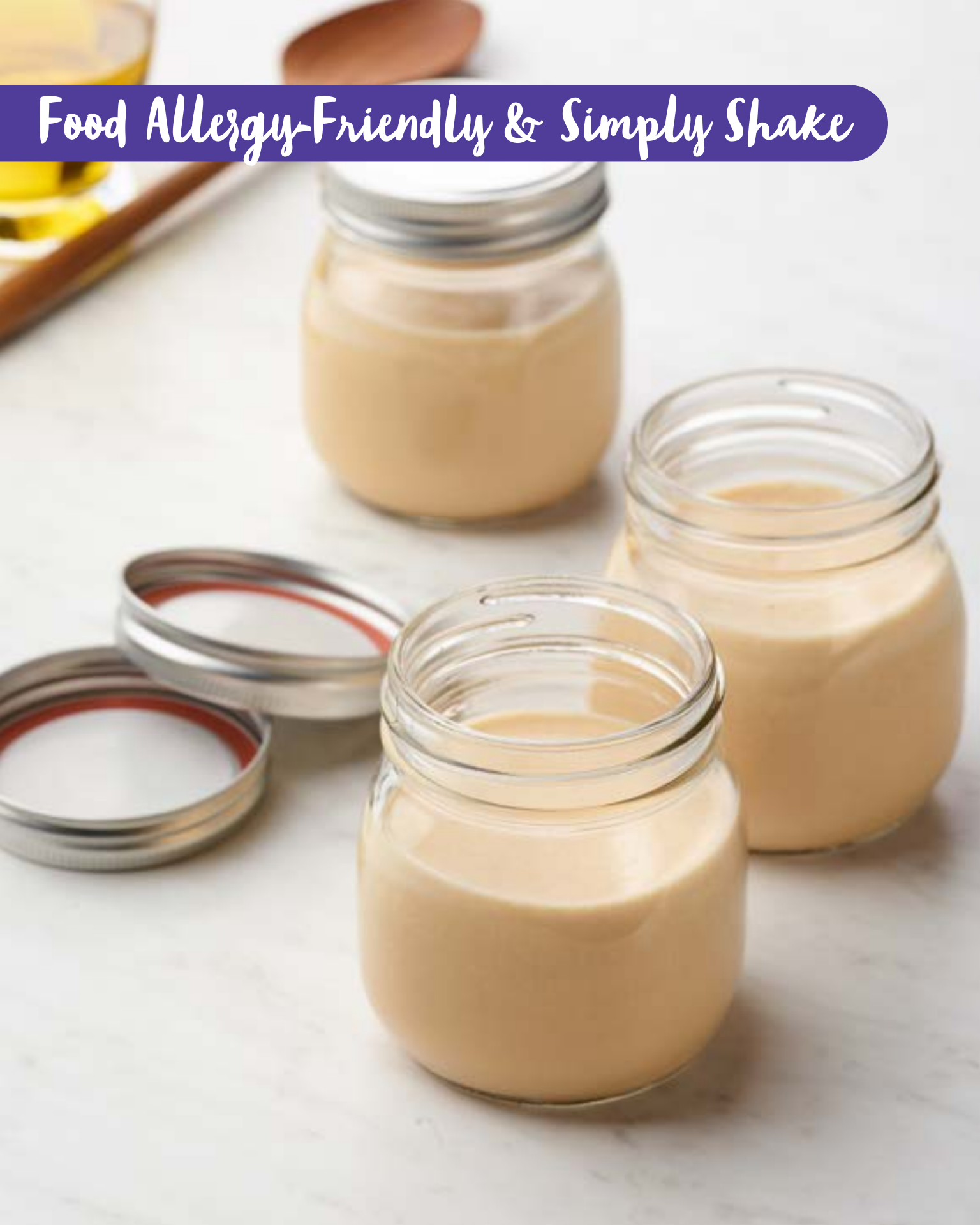
Nutritional Composition

	4:1	3:1	2:1
Energy, kcal	500	500	500
Fat, g	49.9	48.3	45.4
Protein, g	10.0	10.0	10.7
Carbohydrates (net), g	2.4	6.1	12.0

Expert tips

- Whole dried egg powder may be found online or at a specialty food store.
- Whole eggs provide a good source of choline. Choline plays a role in lipid transport and metabolism as well as synthesis of phospholipid in the body.
- Using canned, pureed fruits or vegetables allows for ease when traveling.
- Shelf-stable ingredients provide a go-to recipe in time of emergencies.





Food Allergy-Friendly & Simply Shake

Chicken, Fruit, and Vegetable Blend

This recipe is convenient as no blender is required. It is also free of the common food allergens: milk, egg, wheat, soy, peanuts, tree nuts, fish, and shellfish.

Ingredients

Ingredients (for 500 kcal)	4:1	3:1	2:1
Baby Food, Pears, g	-	20	30
Baby Food, Carrots, g	9	18	35
Baby Food, Chicken, g	90	90	115
Liquigen, g	28	28	28
Oil, Olive, g	28	27	22
Water*, mL	350	320	300

*Indicated mL of water added yields ~ 500 mL of total volume which is 30 kcal/oz.

Instructions

1. Weigh each ingredient on a gram scale.
2. Combine ingredients together into a container; use a spatula to scrape as much of the ingredients into the container as possible.
3. Add water to final volume, shaking or stirring to combine. A blender can be used, if desired.
4. Add salt and other micronutrient supplements, as necessary, to meet nutrient needs.

Nutritional Composition

	4:1	3:1	2:1
Energy, kcal	500	500	500
Fat, g	49.6	48.6	45.8
MCT, %	30	30	30
Protein, g	8.9	9.1	11.8
Carbohydrates (net), g	3.4	7.1	10.9

Expert tips

- Shelf-stable ingredients provide convenience when traveling, or reassurance in the event of power failure.
- Baby food chicken is shelf-stable but, depending on the brand, may add carbohydrates. Replacing baby food chicken with cooked chicken would allow for additional carbohydrates (fruits or vegetables) in the patient's blend.



Food-Allergy Friendly



Beef & Cauliflower Blend

A great blenderized option for kids with multiple food allergies. This recipe excludes all 9 major food allergens and uses Liquigen as the primary fat source.

Ingredients

Ingredients (for 500 kcal) - Ground Beef	4:1	3:1	2:1
Cauliflower, Cooked, g	40	60	80
Ground Beef (85% Lean), Cooked, g	35	47	67
Hass Avocado, g	50	50	50
Liquigen, g	30	23	12
Sunflower Lecithin Liquid, g	6	6	6
Oil, Olive, g	18	18	18
Water*, mL	330	310	280

*Indicated mL of water added yields ~ 500 mL of total volume which is 30 kcal/oz. Some discrepancy in fluid amount needed to create 500 mL may be seen due to blender and blender speed.

Instructions

1. Thoroughly wash all fresh produce prior to cooking.
2. Weigh each ingredient on a gram scale.
3. Add ingredients to blender; use a spatula to scrape as much of the ingredients into the blender as possible.
4. Add water to create final volume.
5. Blend on low to medium speed until well blended.
6. Add salt and other micronutrient supplements, as necessary, to meet nutrient needs.

Nutritional Composition

	4:1	3:1	2:1
Energy, kcal	499	500	500
Fat, g	49.9	48.2	45.7
MCT, %	27	20	11
Protein, g	10.8	14.3	19.8
Carbohydrates (net), g	1.7	2.1	2.4

Expert tips

- Beef is a good source of carnitine. Another good carnitine source is lamb, which could be used in this recipe as well.



Food-Allergy Friendly

Blueberry Blend

Ingredients

Ingredients (for 500 kcal)	4:1	3:1	2:1
Blueberries, Fresh, g		20	50
Cauliflower, Cooked, g		40	60
Ground Beef (85% Lean), Cooked, g		40	47
Hass Avocado, g		50	50
Liquigen, g		26	17
Sunflower Lecithin Liquid, g		6	6
Oil, Olive, g		18	18
Water, mL*		310	265

*Indicated mL of water added yields ~ 500 mL of total volume which is 30 kcal/oz. Some discrepancy in fluid amount needed to create 500 mL may be seen due to blender and blender speed.

Instructions

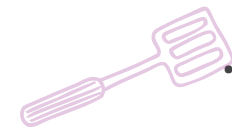
1. Thoroughly wash all fresh produce prior to cooking.
2. Weigh each ingredient on a gram scale.
3. Add ingredients to blender; use a spatula to scrape as much of the ingredients into the blender as possible.
4. Add water to create final volume.
5. Blend on low to medium speed until well blended.
6. Add salt and other micronutrient supplements, as necessary, to meet nutrient needs.

Nutritional Composition

	4:1	3:1	2:1
Energy, kcal		503	500
Fat, g		48.7	45.4
MCT, %		23	15
Protein, g		12.2	14.6
Carbohydrates (net), g		4.1	8.1

Expert tips

- For lower ratios, consider using seasonal, low carbohydrate fruits for variety, which will allow for more micronutrients from food.
- Sunflower lecithin is not only a fat source that contains choline, but also an emulsifier that will help the recipe stay in suspension.
 - The goal for sunflower lecithin should be ~ 1/3 of the combined oils, unless the other oil is emulsified. In the above example, 6 grams of sunflower lecithin were used for the 18 grams of olive oil.
 - Sunflower lecithin in a liquid form can be very sticky. Scrape as much as possible into the blender to ensure the full amount is utilized. You can also use the powdered product.





Super Recipes

Chia, Coconut and Walnut Blend

Jessica's go-to recipe that includes nutrient-rich foods that provide an excellent source of omega-3s as well as vitamins, minerals, and antioxidants.

Ingredients

Ingredients (for 500 kcal)	4:1	3:1	2:1
Blueberries, Fresh, g	13	24	77
Kale, Baby, Raw, g	15	30	30
Salmon, Wild Caught, canned, g	30	29	28
Hass Avocado, g	32	30	30
Chia Seeds, Ground, g	4	5	5
Coconut Milk, Unsweetened, g	120	240	240
Oil, Walnut, g	27	23	20
Liquigen, g	22	22	22
Water*, mL	240	95	50

*Indicated mL of water added yields ~ 500 mL of total volume which is 30 kcal/oz. Some discrepancy in fluid amount needed to create 500 mL may be seen due to blender and blender speed.

Instructions

1. Thoroughly wash all fresh produce prior to cooking.
2. Weigh each ingredient on a gram scale.
3. Add ingredients to blender; use a spatula to scrape as much of the ingredients into the blender as possible.
4. Add water to create final volume.
5. Blend on low to medium speed until well blended.
6. Add salt and other micronutrient supplements, as necessary, to meet nutrient needs.

Nutritional Composition

	4:1	3:1	2:1
Energy, kcal	500	500	500
Fat, g	50.0	48.4	45.4
MCT, %	20	20	20
Protein, g	8.8	9.8	10.0
Carbohydrates (net), g	3.7	6.2	12.6



Expert tips

- Using walnut oil provides a concentrated source of essential fatty acids.
- Chia seeds offer additional fiber as well as omega-3s.
- Using a fortified coconut milk as your liquid base can provide a good source of calcium and vitamin D.



Super Recipes

Sweet Potato, Flaxseed, and Spinach Blend

This is a good universal blend recipe that includes one drink box of KetoCal 4:1 LQ as a base combined with several “super” foods.

Ingredients

Ingredients (for 500 kcal)	4:1	3:1	2:1
10% Fruit, g	-	10	30
Spinach, Raw, g	10	15	25
Potato, Sweet, Baked, g	7	11	25
Lean Meat, g	3	8	12
KetoCal 4:1 LQ, g	237	237	237
Flaxseed Meal, g	4	5	6
Oil, Olive, g	13	10	6
Water*, mL	220	180	140

*Indicated mL of water added yields ~ 500 mL of total volume which is 30 kcal/oz. Some discrepancy in fluid amount needed to create 500 mL may be seen due to blender and blender speed.

Instructions

1. Thoroughly wash all fresh produce prior to cooking.
2. Cook lean meat.
3. Weigh each ingredient on a gram scale.
4. Add ingredients to blender; use a spatula to scrape as much of the ingredients into the blender as possible.
5. Add water to create final volume.
6. Blend on low to medium speed until well blended.
7. Add salt and other micronutrient supplements, as necessary, to meet nutrient needs.

Nutritional Composition

	4:1	3:1	2:1
Energy, kcal	500	500	500
Fat, g	50.0	48.2	45.3
Protein, g	9.4	11.1	13.0
Carbohydrates (net), g	3.1	5.0	9.6

Expert tips

- Flaxseed meal is a good source of alpha-linolenic acid, an omega-3 essential fatty acid, and it also provides fiber.
- Sweet potato is a source of vitamin A.
- Spinach provides magnesium, iron, and is an excellent source of Vitamin K.



Build Your Own

Endless Opportunity Blend

This recipe is a great way to give families one recipe for their blenderized plan utilizing the exchange lists for vegetables, fruit and lean meat. It truly provides families hundreds of combinations and options for their blenderized meals.

Ingredients

Ingredients (for 500 kcal)	4:1	3:1	3:1 with avocado	2:1	2:1 with fruit
Group B Vegetables, Cooked, g	18	30	28	60	35
Lean Meat, g	27	38	35	56	56
Oil, Coconut, g	23	20	17	16	16
Sunflower Lecithin, g	8	7	6	5	5
10% Fruit, g	-	-	-	-	25
Hass Avocado, g	-	-	30	-	-
KetoCal 4:1 LQ, g	120	120	120	120	120
Water*, mL	320	300	285	265	265

*Indicated mL of water added yields ~ 500 mL of total volume which is 30 kcal/oz. Some discrepancy in fluid amount needed to create 500 mL may be seen due to blender and blender speed.

Instructions

1. Thoroughly wash all fresh produce prior to cooking.

2. Cook lean meat.

3. Weigh each ingredient on a gram scale.

4. Add ingredients to blender; use a spatula to scrape as much of the ingredients into the blender as possible.
5. Add water to create final volume.

6. Blend on low to medium speed until well blended.

7. Add salt and other micronutrient supplements, as necessary, to meet nutrient needs.

Nutritional Composition

	4:1	3:1	3:1 with avocado	2:1	2:1 with fruit
Energy, kcal	497	497	502	504	506
Fat, g	49.7	48.0	48.6	45.8	45.8
Protein, g	10.4	13.2	13.0	18.0	17.7
Carbohydrates (net), g	2.1	2.9	3.3	5.0	5.7

Expert tips

- Sunflower lecithin can be a fat and choline source in your recipe and serve as an emulsifier that will help the recipe stay in suspension.

• The amount of sunflower lecithin added to the recipe should be 1/3 of the combined oils. For the above examples, sunflower lecithin was based off the amount of coconut oil in the recipe.

• Sunflower lecithin is very sticky so be sure families know to scrape as much as possible into the blender to ensure they are getting the full amount.
- Using KetoCal 4:1 LQ in your blenderized recipe may reduce the amount of complete multivitamin that is needed to meet micronutrient needs.

• A 4 fl oz serving of KetoCal 4:1 LQ provides approximately 20% of most micronutrients for children 1-10 years of age.

• KetoCal may be covered by your patient’s medical insurance, but the multivitamin is typically not covered, so this may come as a cost savings to the family.

The exchange lists can be found in the FAQs



Vegan Option

Plant-iful Blend

This blend is a good option for patients or families following a vegetarian or vegan diet.

Ingredients

Ingredients (for 500 kcal)	4:1	3:1	2:1
Lentils, Cooked, g	8	20	30
10% Fruit, g	-	-	20
Group B Vegetable, g	9	20	50
Sunbutter, Natural, No Sugar Added, g	32	32	30
Oil, Olive, g	18	16	14
Liquigen, g	28	28	28
Water*, mL	410	400	360

*Indicated mL of water added yields ~ 500 mL of total volume which is 30 kcal/oz. Some discrepancy in fluid amount needed to create 500 mL may be seen due to blender and blender speed.

Instructions

1. Thoroughly wash all fresh produce prior to cooking.
2. Weigh each ingredient on a gram scale.
3. Add ingredients to blender; use a spatula to scrape as much of the ingredients into the blender as possible.
4. Add water to create final volume.
5. Blend on low to medium speed until well blended.
6. Add salt and other micronutrient supplements, as necessary, to meet nutrient needs.

Nutritional Composition

	4:1	3:1	2:1
Energy, kcal	500	500	500
Fat, g	50.1	48.1	45.0
MCT, %	30	30	30
Protein, g	8.9	10.2	11.4
Carbohydrates (net), g	3.6	5.9	11.1

Expert tips

- Strawberries and spinach are a great combination for this vegan-friendly recipe as they provide vitamin C and iron.
- Choose seasonal fruits and vegetables to vary micronutrient intake.

Expert Tips

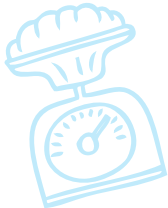
Transitioning to a Blenderized Plan

- 1. Make sure the family is comfortable with syringe feedings. A blenderized plan may mean they will have to plunge or push the formula. Families may only be familiar with feedings via a pump, so make sure they are familiar with bolus syringe feeding that may require the plunger.
- 2. Keep the feeding plan consistent in terms of volume, schedule, ratio, kcal/fl oz as much as possible. When transitioning to the blenderized plan, try and keep all these other variables as constant as possible. Try to refrain from changing the ratio or calories or schedule as you are changing to the blenderized plan. This will allow you to evaluate tolerance without any other outside variable or recent change.
- 3. Feel free to go slow. This not only allows the patient to get used to the new blenderized plan and digestion of real food versus formula, it also allows the family to get comfortable with the techniques and skills necessary for safe blenderized enteral feeds. You can transition one feed at a time or a percent of each feed. See suggested table below.

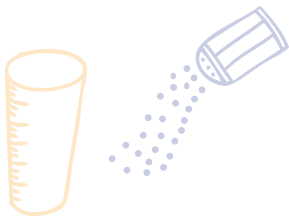
Transition Schedule Examples:

For a patient receiving four enteral feedings a day of 240 mL (8 fl oz) each

	One Feed at a Time	Percent of Each Feed
Week 1	1 x 240 mL (8 fl oz) blenderized feed 3 x 240 mL (8 fl oz) formula feed	Per feed: 60 mL (2 fl oz) blenderized 180 mL (6 fl oz) formula
Week 2	2 x 240 mL (8 fl oz) blenderized feed 2 x 240 mL (8 fl oz) formula feed	Per feed: 120 mL (4 fl oz) blenderized 120 mL (4 fl oz) formula
Week 3	3 x 240 mL (8 fl oz) blenderized feed 1 x 240 mL (8 fl oz) formula feed	Per feed: 180 mL (6 fl oz) blenderized 60 mL (2 fl oz) formula
Week 4	4 x 240 mL (8 fl oz) blenderized feed No formula feeds	Per feed: 240 mL (8 fl oz) blenderized No formula



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- 4. Start by adding avocado. If you have a patient that is particularly sensitive to changes, consider just adding avocado to their formula to make sure they can tolerate a thicker formula option. Avocado is naturally a 4:1 ketogenic ratio, and 30 grams provide about 50 calories (using Hass nutritional information). This means that for patients on a 4:1 ratio, avocado can easily be added to the plan without impacting the ratio – although you will have to factor in the calorie changes. Here is an example for a patient receiving 240 mL (8 ounces) of KetoCal 4:1 LQ 4 times/day: one feeding provides a 4:1 ratio of 356 calories, 35 grams fat, 7.3 grams protein and 1.5 grams of net carbs. You can reduce this feeding to 210 mL (7 fl oz) of formula and 30 grams of avocado to create the same calories, ratio and macronutrients.
- 5. Do not make changes to vitamins/minerals/probiotics or any other additional supplements during the transition as these can be difficult to tolerate. Using KetoCal 4:1 LQ in your blenderized plan can help reduce the need for some supplements as well, but ultimately you will need to analyze the nutrients closely. Either start any new products BEFORE the transition begins or AFTER the transition is over. If you know the final blenderized plan and feel it will not change, then start the additional supplements needed before you transition to ensure tolerance. If you are planning to adjust the blenderized plan often and are not sure what the end plan will be, then consider figuring out the micronutrient needs after the transition is finished. Also, always consider how you can meet micronutrient needs with the foods in your blenderized plan – sunflower lecithin for the choline, lamb for the carnitine, fish for the omega-3s, etc.





Use of Blenderized Diets in the Hospital

What happens when your patient on a blenderized diet gets admitted to the hospital? It is important to understand the policies and procedures of your hospital, as well as the other hospitals in your area where your patients may be admitted.

Here are a few tips and considerations for providers regarding the use of blenderized diets in the hospital:

- Be aware your patient may need a backup formula recipe for admissions to the hospital if the hospital does not allow blended diets to be administered.
- Review the hospital's blenderized diet policy (if one exists) and see if (or how) your medical ketogenic diet patient fits into the current policy.
 - > Consider creating a new policy, or addendum to the existing, if needed, to specifically suit your ketogenic diet patient's blenderized diet formula.
 - > Ensure there are guidelines for patients wishing to bring a blender and/or food from home, and be aware that some hospitals require patients or caregivers to sign a waiver to bring blended food and supplies from home.
 - > Ensure there are guidelines indicating if it is an option for the patient to order a blended or shaken diet from the formula room or food service.
- Take note that many enteral pump manufacturers void the pump's warranty if blended foods are administered through their pump.
 - > Check with the hospital to see if patients can use the hospital's pumps to administer blended feeds. The patient may need to bring their own pump from home. The use of enteral pumps may be prohibited, in which case they would have to use a bolus feeding method only while admitted.



Use of the Blended Diet at Home

We advise monitoring for adequate growth while transitioning your patients to a blenderized medical ketogenic diet as some patients may require calorie adjustments.

Recommendations for home include:

1. Discard blends after two hours at room temperature.
2. Reserve a portion of water from the recipe or use water flushes to obtain the residual ingredients from the blender.
3. Have families make larger batches of their favorite recipes, portion into the prescribed feeding volume, and freeze for later use.
4. Ensure families are following the four steps to food safety when preparing blends:
 - **Clean:** hands, utensils and surfaces.
 - **Separate:** keep raw meat, poultry, seafood, and eggs separate from fresh produce.
 - **Cook:** ensure food has reached a safe temperature when cooking or microwaving.
 - **Chill:** refrigerate perishable foods within two hours. Avoid the danger zone between 40°-140°F.
5. A small rubber spatula is helpful in ensuring all ingredients are transferred from one vessel to another with minimal losses.

Adjusting Your Blended Diet Plan

As you look at the different options to lower the ratio from 4:1 to 3:1 to 2:1, consider your patient's goals.

1. Increase protein and decrease fat. If you want your patient to keep up with weight gain and growth goals, consider increasing protein (versus net carbohydrate) and decreasing percentage of calories coming from MCT oil.
2. Increase net carbohydrates and decrease fat. If you have a patient who is constipated, focus on increasing the net carbohydrate amount versus protein to get more fiber and lowering the volume of oil versus the volume of Liquigen (MCT).
3. For lower ratios, consider using seasonal, low carbohydrate fruits for variety, which will allow for more micronutrients from food.
4. Add ground lamb or ground beef instead of ground chicken or turkey to naturally increase carnitine. Carnitine levels should be monitored every 3-6 months on the diet, and a prescription for L-carnitine may be needed if levels are low.
5. Change fluid options. Water is an option for fluid but so is broth, which can add electrolytes. This may help to reduce the need for salt substitutes. Depending on the patient's allergies, you could also add fortified, unsweetened nut-based milk alternatives as a source of calcium and vitamin D (depending on the nut-based milk alternative chosen). These changes will alter your ratio slightly as they contain varying amounts of protein, fat and/or net carbohydrates.
6. Many other options exist for low-allergy blenderized plans. Feel free to get creative!

KetoCal Dedicated Resources



KETOCAL CONNECT

KetoCal Connect gives your patients and caregivers the resources they need to successfully start and stay on the medical ketogenic diet.

- Trusted products
- Caregiver support
- Coverage and cost assistance
- Tasty ketogenic recipes

Visit www.myketocal.com/ketocalconnect



KETO UNIVERSITY

An annual CE-accredited workshop for ketogenic dietitians.

Talk to your Nutricia Sales Representative.



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Nutricia's website for healthcare professionals offers resources such as educational CE-eligible webinars, KetoCal DRI nutrition calculator, caregiver education materials, and more!

Visit www.NutriciaLearningCenter.com



NUTRICIA PRODUCT COVERAGE SUPPORT

Our dedicated specialists offer free one-on-one, personalized assistance for families seeking coverage for Nutricia products.

Call 1-800-365-7354 or email NutriciaNavigator@Nutricia.com.



Online Products & Samples

KetoCal and Liquigen can be ordered online at shop.myketocal.com

Order free samples. Your patients can buy online for a great price.

For questions, call our nutrition services 1-800-365-7354 (8:30 am-5 pm, ET) or email nutritionservices@nutricia.com



For questions about KetoCal, contact Nutricia North America
(800) 365-7354
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KetoCal® and Liquigen® are medical foods for the dietary management of refractory epilepsy and are intended for use under medical supervision.

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