

# Spice up your KetoCal<sup>®</sup> with different flavors

NUTRICIA  
**KetoCal<sup>®</sup>**

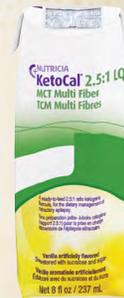
Quick and easy • Same ratio

**1** Add 10-15 drops of carbohydrate-free flavoring\* to your KetoCal<sup>®</sup> LQ

**2** Mix well

**3** Enjoy!

carbohydrate-free flavor



\* Check with your keto dietitian to know which carbohydrate-free flavoring you can use. Adapt the number of drops based on your preference.

Want more variety?

Visit [myketocal.com](http://myketocal.com) for more recipes.





# Recipes for a gourmet keto-chocolate time



- 1 Pour KetoCal into a container (shaker glass or blender bowl).
- 2 Add unsweetened cocoa powder.
- 3 Add a few drops of chocolate carbohydrate-free flavoring, to taste.
- 4 Mix well, with a blender or a shaker for a smooth consistency. Enjoy!

If you would like to warm it up, heat on medium heat for 2-3 minutes in a saucepan.

## Ingredients

Keto ratio	4:1	3:1	2.5:1	2.3:1
KetoCal® 4:1 LQ Vanilla or Unflavored, mL	237	237	0	0
KetoCal 2.5:1® LQ Vanilla, mL	0	0	237	237
Cocoa, unsweetened, g*	2	5	2	2
Liquigen®, g	10	0	6	0
Carbohydrate-free flavoring**	To taste	To taste	To taste	To taste

## Nutritional Information

Keto ratio	4:1	3:1	2.5:1	2.3:1
Calories, kcal	403	368	393	366
Fat, g	40.3	35.6	37.1	34.1
Protein, g	7.7	8.3	11.1	11.1
Net carbs, g	2.2	3.4	3.7	3.7

\* Based on a leading brand of cocoa powder unsweetened. Nutrition may vary based on brand used. Check with your dietitian for specific cocoa powder brand.

\*\* We like it with 10 to 15 drops per drink box of KetoCal. Try adding more (or less of the carbohydrate-free flavor drops), depending on your taste preferences. Check with your keto dietitian to know which carbohydrate-free flavoring you can use.

Brought to you by Nutricia North America

KetoCal® is a medical food for the dietary management of refractory epilepsy and is intended for use under medical supervision.

