Keto Cooking
Training CD

This CD has been developed for families starting the classic ketogenic diet. Ketogenic diet education should be provided by a REGISTERED DIETITIAN and only be used under close medical supervision. This video is a valuable tool to ensure successful preparation of the ketogenic diet.

Families now have another resource to share with friends, family members, and other caregivers. Enhance the efficiency of training sessions by using this tool that includes:

- Overview of ketogenic diet
- Supplies for diet
- Monitoring guidelines
- Sick day guidelines
- Keys to success
- Dietitian’s role with the ketogenic diet
- Gram scale use
- Meal preparation demonstration
- Adverse effects

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