Keto News for Health Care Professionals

Ketogenic Diet in Coimbra Portugal
Ana Faria, dietitian

Hospital Pediátrico de Coimbra is a pediatric hospital located in the center of Portugal. Our ketogenic diet (KD) program was re-started in October of 2007 when we welcomed Beth Zupec-Kania for a 3 day training seminar sponsored by the Charlie Foundation. Neurologists and dietitians from 18 Portuguese hospitals attended this program.

During this period, we initiated two children with intractable seizures on the ketogenic diet; Beatriz, age 9 and Bruno, age 6. The hospital kitchen took great care in preparing our specific food requests. The children’s mothers weighed the foods according to their children’s meal plans prior to each meal. Both children had good appetites and preferred olive oil as their main fat source. While the children were acclimating to their diets, both mothers learned to calculate ketogenic meals using the web-based KetoCalculator program. Many new foods were added into the database in the Portuguese language to assist in creating meals.

Beatriz and Bruno have been on their diets for 8 months. Beatriz is seizure-free and Bruno has experienced a 50% reduction in his seizures. Since October, we have initiated 2 more children on the diet, and 7 more are waiting to be started. Not only have these children experienced a reduction in seizures, we have also been able to reduce their seizure medications. In addition, both families report improved school performance and behavior.

The following excerpts are from the parents.
The ketogenic diet (KD) is like a game; cheating is forbidden and there will always be a winner:
With the KD we lost mobility; Beatriz won independence
With the KD we initially got confused; Beatriz became more confident
With the KD we lost appetite; Beatriz got more stable
With the KD we suffered day after day; Beatriz won more quality of life
With the KD all of us have more hope
Isabel and Paulo, Beatriz’s Parents

At the beginning, just thinking about the KD was a little bit frightening. We had all of the necessary support from the hospital team. Bruno’s cooperation and acceptance of the KD made everything else easy.
Dionsisia and Silvio, Bruno’s Parents

Portugal is a European coastal country with about the same population as the state of Michigan. Ana Faria and I had been communicating almost a year before my arrival in lovely Coimbra Portugal. She organized the Ketogenic Training Seminar for 50 attendees and the concurrent admission of 2 children to the hospital for initiation of this therapy. We met on the afternoon of my arrival and set-up a diet therapy plan for the next several days beginning the following morning and progressing gradually to the goal of 3 full ketogenic meals in 3 days. The children cooperated beautifully and were able to be discharged on the third day. During this process, I provided lectures to the attendees from around the country and met many dietitians and physicians who were excited to bring this therapy back to their facilities.
Beth Zupec-Kania
KetoCalculator frequently asked questions

Q: How do I add a new food into KetoCalculator?
A: In the Table Maintenance feature, select “Food Items”, then select the category it fits into. Next, select “Add A New Food”. Enter the name of the food item then enter the carbohydrate, fat and protein content for 100gm. Note: You may need to convert nutrient values from traditional serving sizes to 100gm.

Q: Can other users see the foods that I add?
A: Only you and anyone that you have given care-giver access to can see those foods.

Q: Is fiber included in the carbohydrate?
A: Fiber has been subtracted from carbohydrate-containing foods since fiber does not contribute calories.

Q: How can I distinguish which foods I’ve added from those that are in the master database?
A: The items that you have added will be listed in blue font and are underlined so that they stand out on the alphabetized list. You may edit the items that you add at any time.

FLAX BREAD
The low carb flax bread recipe below contains less than 2gm of carbohydrate per 30gm slice. This bread has a nutty flavor and resembles a whole grain bread. It can be thinly sliced for sandwiches. It can also be toasted. It is listed in KetoCalculator in the Fat category under “Flax Bread”.

Flax Bread 100gm: 14.3gm P, 42gm F, 5.9gm C • recipe yields 175gm

INGREDIENTS
35gm almond meal (almond flour)
40gm flaxseed meal (whole ground flaxseed)
4gm baking powder, Calumet (or Magic brand from Kraft)
1.5 gm salt
2gm vinegar, white distilled (any brand)
4 drops liquid Stevia (such as NOW Stevia)
85gm raw mixed egg
31gm coconut oil, melted or 37gm butter, melted

DIRECTIONS
Weigh all ingredients.
Mix together dry ingredients.
Mix together wet ingredients.
Stir wet ingredients into dry ingredients.
Spread into a lightly greased 8” x 8” pan.
Bake at 350° for 8–10 minutes.
Calculate this bread into the client’s meal or snack: https://www.ketocalculator.com

STARTER KIT FOR THE KETOGENIC DIET........... $45
Includes:
Parent’s Guide to the Ketogenic Diet
2 Rubber spatulas
Digital mini scale: 500 x 0.1gm

PARENTS GUIDE TO THE KETOGENIC DIET........... $5
Includes recipes, sick-day guidelines and much more.

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