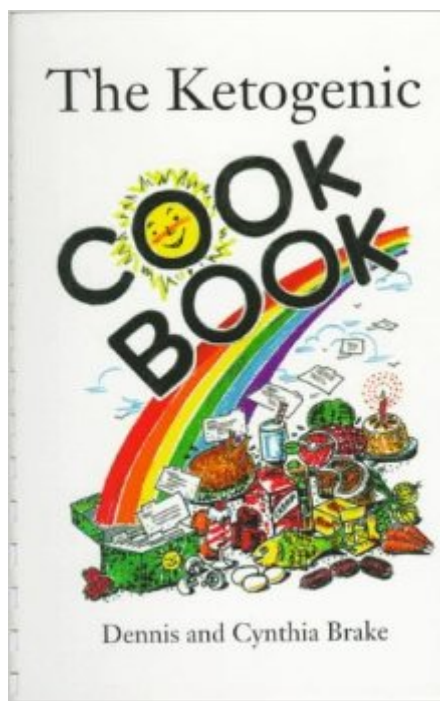


The book was found

The Ketogenic Cookbook



Synopsis

This book is published to help parents prepare more tasteful, imaginative recipes and menus for their child on the ketogenic diet. The ketogenic diet does not have to be bland. It can be very flexible and palatable. We have developed a variety of new menus and innovative ways to keep the diet interesting. The recipes in this book are designed to be used as part of the ketogenic diet treatment program. The ketogenic diet treatment should only be undertaken with the supervision of a physician, and the active direction of a dietitian, both experienced with the ketogenic diet.

Book Information

Paperback: 142 pages

Publisher: Pennycorner Pr (December 1997)

Language: English

ISBN-10: 1886559996

ISBN-13: 978-1886559998

Product Dimensions: 0.5 x 6.5 x 9.2 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 3.0 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #3,324,048 in Books (See Top 100 in Books) #42 inÂ Books > Health, Fitness & Dieting > Children's Health > Epilepsy #361 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Epilepsy #658 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic

Customer Reviews

As a dietitian who works with children on the Ketogenic Diet, I was delighted to finally see a cookbook with some imaginative options for meals. Each menu has at least one other option for the picky eater and includes menus for holidays and special occasions. The book also includes traveling tips/checklist, a list of hotel chain phone numbers (to check ahead on refrigerators), contact information for food companies and a seizure chart. I would recommend this book to anyone on the Ketogenic diet, but especially for older children or those on the diet over 6 months just looking for new options.

Ok ... so this cookbook may be a bit gourmet styled, it is still a life saver for those of us that have done "the diet" for years and need new ways to keep our children eating. After all not eating on the diet is as bad as cheating on the diet. You get great ideas for holiday meals. I personally did the

butter recipes and they were a big hit. You need to work with your dietitian to get the amounts right but when you have it down this is a great way to "spice" up their foods.

This book was not written as a weight loss cookbook. It is meant for people who have made the commitment to use diet as "an adjunct to anticonvulsant medication for the control of seizures", particularly for children. (as mentioned in the introduction) The challenges posed by the recipes are outweighed by the positive results I have found in the reduction of seizures in my step-children. We have been able to reduce their medication as a result. Working with a dietitian (portioning) and family doctor is critical to the diets' overall success for seizure reduction, but it's well worth all the effort!

I'm a big fan of low carb eating, however the recipes in this book rely on having different butters and marinades and cream sauces prepared ahead of time. For somebody with a full-time job, for whom cooking is a chore rather than a hobby, the recipes are entirely too complex. Also, having to flip back and forth from a recipe to the directions for preparing a butter or sauce is really annoying. Unless your kitchen appliances have names like "Viking" or "Sub-Zero" and you have a lot of storage space for ready made sauces and the like, look elsewhere for a ketogenic cookbook. I will be selling mine.

I have a child with epilepsy who had been on the ketogenic diet for over 4 years. I purchased this book at the hospital for a few bucks, but it did not even worth that. The recepies in this book are suitable for older children, and many children starting the diet are just over or even before a year old. Even for older children many recepies in this book are not suitable because most children who start the ketogenic diet are just too disabled and just no able to eat many things for watever reasons. At last, when we started the diet in 2002, there was hardly anything on market what could be incorporated into the diet. Now, 8 years later there are so many low carb products available that the recepies in the book just mke no sence anymore. There are much better and convenient solutions available on the market. This book is out of print for good reason: it is OUTDATED.

[Download to continue reading...](#)

Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan) KETOGENIC DIET: KETOGENIC DIET FOR BEGINNERS: KETOGENIC COOKBOOK: 450 Best Ketogenic Diet Recipes (keto, keto clarity, ketosis, ketogenic desserts, ketogenic ... diet plan, ketogenic diet for weight loss) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple

(Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1)

Ketogenic Diet: Ketogenic Weight Loss Diet, Avoid Mistakes & Live Healthier (Ketogenic Diet, Ketogenic Weight Loss, Ketogenic Recipes, Ketogenic Diet Plan) Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: Ketogenic Salad Recipes: Top 35 Insanely Good Ketogenic Diet Recipes For Easy Weight Loss (Ketogenic Diet, Ketogenic Diet For Beginners) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: The Permanent Weight Loss Guide - Ketosis, Low Carb & Ketogenic Mistakes (Ketogenic, Paleo, Low Carb, Weight Loss, Ketogenic Diet) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) Ketogenic Diet: Ketogenic Catastrophe: Avoid the Ketogenic Diet Mistakes (ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) Ketogenic Diet Cookbook: AWARD WINNING Low Carb Recipes for Health and Weight Loss with the Keto Diet (tasty weight loss ketogenic cookbook with fat bomb ketogenic desserts) Slow Cooker: Ketogenic Diet: 92 Ketogenic, Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 2nd Edition (Low Carbohydrate, ... Watchers, Ketogenic cookbook, Keto Diet) Ketogenic Diet: 120 Mouthwatering Ketogenic Diet Recipes: 30 Days of Breakfast, Lunch, Dinner & Dessert + FREE GIFT! (Ketogenic Cookbook, High Fat Low ... Keto Diet, Weight Loss, Epilepsy, Diabetes) Ketogenic Diet: 21-Day Healthy Ketogenic Meal Plan To Get Lean And Lose Weight Fast As Hell- Tips For Low-Carb Ketogenic Diet (Beginners Weight Loss Food Cookbook, Parents Guide, Epilepsy Manual) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, paleo ... carb, low carb diet, weight loss Book 1) Ketogenic Diet: The Ketogenic Vegetarian Diet: Top 35 Incredibly Delicious Low Carb High Fat Recipes To Re-Gain Your Strength (low carbohydrate, high protein, ...

low carbohydrate foods... Ketogenic Diet)

[Dmca](#)