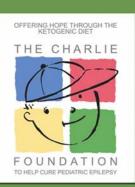
KETONEWS

A publication for the ketogenic diet from The Charlie Foundation



2009 Ketogenic Dietitian & Nurse Forum

This networking and educational conference for dietitians and nurses will be held at the beautiful Doubletree Paradise Valley Resort in Scottsdale, Arizona. Learn about the latest in the clinical management of dietary therapies including Ketogenic, modified Atkins, Low Glycemic Index Treatment and MCT therapy. Certificates for up to 15 Continuing Educational Professional Units for Registered Dietitians. Nursing Units through the California Board of Nursing have been applied for. For more information, select the links under the Palm Trees Icon on the Charlie Foundation website: www.charliefoundation.org

November 12 - 14, 2009 • Scottsdale, Arizona

MEETING HIGHLIGHTS

- Prevention & management of adverse effects
- Consensus Statement review
- KetoCalculator™ workshops
- Cooking demonstrations
- Case presentations

Keto Chocolates 14gm Serving provides 102 Calories: 0.5gm Pro, 10.7m Fat, 0.8gm Carb

Regular chocolate candy is made from a combination of cocoa, sweeteners and oils which can be easily modified for the ketogenic diet. Keto candy can be designed for a snack or incorporated into a meal as a dessert.

2gm Hershey's Cocoa-Unsweetened (powder)

6gm Butter

6gm Coconut Oil-melted

Pure Extract and Carbohydrate-Free Sweetener*

Allow butter to soften at room temperature then weigh. Stir in melted coconut oil.

Weigh cocoa powder. Stir in to above mixture.

Add 1-3 drops of pure extract and a few drops of carbohydrate-free sweetener.

Pour into a candy mold or silicone ice-cube tray or drop on to waxed paper then refrigerate or freeze until ready to eat.

Additional ingredients that may be incorporated for a variety of flavors and textures:

Crushed nuts: pecans, almonds, walnuts, macadamia nuts, peanuts

Heavy cream • Coconut cream

*Flavors: Extracts & DaVinci Gourmet Sugar-Free Syrups – just a few drops.

Beth Zupec-Kania, RD, CD The Charlie Foundation to Help Cure Epilepsy www.charliefoundation.org Volume V, Issue 2 – Spring 2009 Complimentary Copy Email: ketogenicseminars@wi.rr.com

Frequently Asked Questions

I have calculated 36% Heavy Cream diet using the Nutrition Facts from the food label. Is the carbohydrate listed on food labels accurate?

US Food labeling laws allow carbohydrate to be listed as zero if there is less than 1 gram of carbohydrate in the serving size listed. A good example of this is heavy whipping cream. The Nutrition Facts label on most heavy cream cartons shows 0 gram of carbohydrate in a 1 tablespoon (15gm) serving. Many children who are on the ketogenic diet drink more than 100gm of heavy cream daily. There are 3 grams of carbohydrate in 100gm of 36% heavy cream. This is a significant amount that should be accounted for in the diet.

Example:

Dean's Cream Heavy Whipping

Nutrition Facts

Serving Size 1 TBSP Servings Per Container 16

Amount Per Serving Calories 50

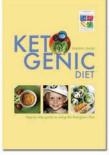
Total Fat	6g
Saturated Fat	3.5g
Trans Fat	0g
Cholesterol	20mg
Sodium	5mg
Potassium	15g
Total Carbohydrate	0g
Dietary Fiber	0g
Sugars	0g
Protein	1g

Sweeteners

This is a list of common available sweeteners. It is best to limit sweeteners to those that are calorie and carbohydrate-free but others may be included if they are calculated into the diet. Sugar alcohols are poorly absorbed but should be avoided when following the strictest version of the ketogenic diet.

Sweetener Brand Name	Ingredients	Carb & Calories
Agave	Agave nectar from the Agave plant which consists primarily of fructose and glucose. The percentage of fructose and glucose varies by the species.	1 teaspoon contains 5gm Carbohydrate = 20 calories
Equal	Maltodextrin, Aspartame	1 packet contains .25 gm Carbohydrate = 1 calorie
Liquid Sucralose Anabolic Innovations	Purified Water, Splenda Brand Sucralose	0 Carbohydrate 0 Calories
Liquid Sucralose Healthy Cheat Foods	Purified Water, Splenda Brand Sucralose	0 Carbohydrate 0 Calories
Our Family Sweetener Saccharin Zero Calorie	Nutritive Dextrose, Saccharin, Maltodextrin.	1 packet contains .25 gm Carbohydrate = 1 calorie
PureVia Zero Calorie Sweetener All Natural	Erythritol, Isomaltulose, Reb A (Stevia Extract), Contains 1% or Less of Cellulose Powder and Each Natural Flavor.	1 Stick contains 0.5 calories from sugar alcohol.
Smoky Mountain Sweetener (Liquid)	Water soluble saccharin with benzoic acid and methyl paraben as preservatives.	Carbohydrate Calories
Splenda No Calorie Sweetener	Dextrose, Maltodextrin, Sucralose.	1 packet contains .25 gm Carbohydrate = 1 calorie
Stevita® STEVIA Liquid Extract (Alcohol Free)	Stevia rebaudiana Bertoni (leaves), Distilled water, Grapefruit Seed Extract (a natural preservative)	0 Carbohydrate 0 Calories
Stevia Liquid Extract Non-Bitter Aftertaste (NOW Foods)	Stevia in a base of water and 18% Alcohol	4 drops contains 0.2 Calories from sugar alcohol
Stevia Extract Powder Non-Bitter Aftertaste (NOW Foods)	Stevia extract powder	Carbohydrate Calories
Superose Liquid Sweetener	Water, Sodium Saccharin N.f. 2.5%, Benzoic Acid and Methyl Paraben As Preservatives.	Carbohydrate Calories
Sweet Leaf Stevia Dietary Supplement Plus Fiber (Wisdom Natural Brands)	Proprietary Blend: Inulin Fiber (FOS), Stevia (Leaf) Extract (Standardized to a Minimum of 90% Steviosides, Including 40% Rebaudioside A).	1 packet contains 1gm Inulin fiber = 0 Calories.
Sweet 'N Low Sugar Substitute – Liquid	Water, 2.2% Calcium Saccharin, Benzooic Acid (.054%) and Methyl Paraben (.046%) as Preservatives.	Carbohydrate Calories
Sweet 'N Low Sugar Substitute – Powder	Nutritive Dextrose, Soluble Saccharin, Cream of Tartar, Calcium Silicate.	1 packet contains .25 gm Carbohydrate = 1 Calorie
Truvia Nature's Calorie-Free Sweetener All Natural	Erythritol, Rebiana, Natural Flavors.	1 packet contains 3 gm Carbohydrate from Erythritol (sugar alcohol) which has 0.6 calories.

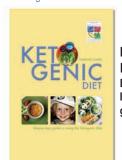
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