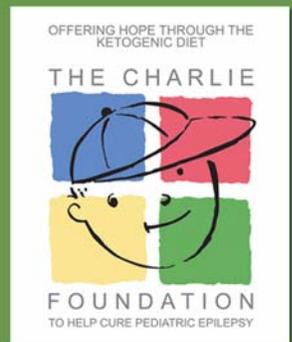


KETONews

A publication for the ketogenic diet from The Charlie Foundation



KetoCalculator™ News

Program Updates

KetoCalculator is a web-based program for calculating the ketogenic diet. The program also features a database of the carbohydrate content of medications and a nutritional supplement database. This state-of-the-art program may be accessed at: <https://www.ketocalculator.com>. It is free to dietitians and available to caregivers through their dietitian.

The following enhancements were installed in January 2009.

Menu Planner: After creating, then verifying meals and snacks for the ketogenic diet, the dietitian or caregiver is able to create daily menus. The menus may be used as a guide for planning meals around a family's regular diet. Menus are also helpful when multiple caregivers are providing meals for the individual. The planner may also assist the user with providing a wider variety of meals and for creating a food list for grocery shopping.

Meal	Sun, February 8	Mon, February 9	Tue, February 10	Wed, February 11	Thu, February 12	Fri, February 13	Sat, February 14
AM Meal	Keto Pancakes - 5	Sausage/Fruit - 17	Keto Shake - 22	Cheesecake - 8	Quiche - 14	Keto Shake - 22	Omelette - 11
Mid-Day	Hot Dog/Celery - 3	Mac-N-Cheese - 4	Cheese/Veg - 9	Taco - 21	Tuna Salad - 15	Turkey Salad - 6	Chicken/Veg - 26
PM Meal	Spaghetti - 16	Stir-fry - 13	Veg Soup - 10	Beef/Veg - 18	Chicken Salad - 2	Pizza - 12	Pork/Veg - 24

Note: The number after the meal indicates the recipe number.

Lab Surveillance has been upgraded. You may now enter laboratory results for multiple dates. After entering data for 2 or more dates, the results are listed in a trend view for comparison. We recommend that you enter the standard laboratory values that your facility references prior to using this feature. You may enter your reference data in the Table Maintenance section under the Standard Lab option. The following is an example of how an electrolyte panel is displayed for an individual.

Lab Name	Units	Range	10/10/2008	10/12/2008	11/10/2008
Chloride	mEq/L	98-108	101	105	103
CO2	mEq/L	20-28	16	17	20
Potassium	mEq/L	3.5-5.4-8	3.8	3.8	3.8
Sodium	mEq/L	135-145	136	138	138

Product Updates:

Newly added food items (based on user request)

Product	Food Item Category	Vit/Mineral Profile Included
Elecare powder – Abbott	Protein - (Formula)	Vitamins and Minerals
Gatorade – Lemonade	Carbohydrate	Minerals
Gatorade G-2 (all flavors)	Carbohydrate	Minerals



Emailing Meal and Snack Recipes to Clients

Are you able to email verified meals to your client? Certain browsers may block these emails from reaching your client. Before informing us of unsuccessful email deliveries, check to make sure that your client's email address is correct within their Demographics page. Documents that may be emailed from the program include verified meals and snacks and the Fluid/Diet Schedule. Please contact us if you are unable to send these via email directly from the program. ketogenicseminars@wi.rr.com

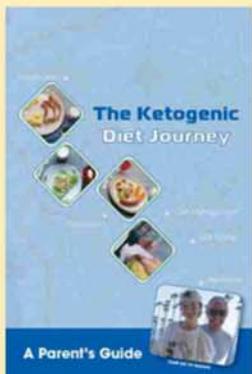
Discontinued Supplements

The following products have recently been discontinued and, therefore, removed from the KetoCalculator™ database.

Cal-100 and Cal-100 with D
Neutra-Phos and Neutra-Phos - K

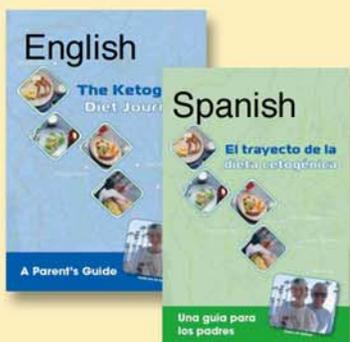
Microlipid (Nestle) has been on back-order for several weeks and according to a company representative should be available in the beginning of February, 2009. It will remain in KetoCalculator for those who are able to obtain it.

Resources



STARTER KIT FOR THE KETOGENIC DIET..... \$48

Includes:
Parent's Guide to the Ketogenic Diet
2 Rubber spatulas
Digital mini scale: 500 x 0.1gm



PARENTS GUIDE TO THE KETOGENIC DIET..... \$8

Includes recipes, sick-day guidelines and much more.

Credit card orders are now accepted. Request an order form from ketogenicseminars@wi.rr.com

Medical Nutrition Therapy and the Ketogenic Diet

Medical Nutrition Therapy (MNT) refers to nutrition assessment and intervention services for the treatment of an illness or condition. Research shows that MNT reduces morbidity, improves health outcomes and reduces healthcare costs. Though there is a growing appreciation for the impact of nutrition on health, lack of healthcare coverage is the major barrier of public access to this therapy. Congress passed a bill in 2001 providing Medicare coverage of MNT for diabetes and renal disease (and later, cardiovascular disease). This bill was just recently expanded in 2009 to include additional services deemed "reasonable and necessary to the prevention or early detection of an illness or disability." Although Medicare is available to citizens 65 years and older, these bills set precedents for private insurers to provide similar coverage.

Dietitians can pursue billing for MNT with their clinical managers and administrators by documenting services and entering charges using an appropriate billing code. The International Classification of Disease Code (ICD-9) for Epilepsy has been used by medical centers to bill for initiating the ketogenic diet. Studies continue to show that the ketogenic diet improves seizure control in 60% of patients. This is an extremely valuable, cost effective therapy that has the potential to drastically improve an individual's quality of life.

We are interested in hearing of your experience of billing for MNT service for the ketogenic diet. If you would like to share your efforts (whether successful or not), we will summarize the responses in a future newsletter. Please send your valuable input to; ketogenicseminars@wi.rr.com

2009 Ketogenic Dietitian & Nurse Forum

The Charlie Foundation is planning a two-day conference on diet therapies for epilepsy for November of 2009. The focus will be the practical application and management of dietary therapies for epilepsy including the ketogenic diet, modified Atkins, Low Glycemic Index Treatment and MCT oil therapy. Registration information will be available in the spring issue of Keto News and on The Charlie Foundation web-site: www.charlifoundation.org.

Delicious Mushrooms Fit Well Into the Ketogenic Diet

Mushrooms are a low carbohydrate vegetable that can add variety to the ketogenic diet; one medium white mushroom (minus the fiber) contains 1/3 of a gram of carbohydrate. Mushrooms are high in nutrients including phytochemicals, B-vitamins, selenium, potassium and copper, and are one of the few vegetables that contains Vitamin D. They also absorb fat during cooking, adding to their flavor.

INGREDIENTS FOR STUFFED MUSHROOMS

32gm whole fresh white mushrooms caps - stems removed

25gm cream cheese, softened

2gm grated Parmesan cheese

6gm olive oil

A pinch of onion powder and cayenne pepper

DIRECTIONS

Clean mushrooms with a damp paper towel. Carefully break off stems.

Weigh the caps only.

Stir cream cheese, parmesan cheese, olive oil, onion powder and cayenne pepper. Mixture should be very thick. Using a little spoon, fill each mushroom cap dividing all of the stuffing between them.

Create a small pan with a square piece of foil by folding edges up at least 1/2 inch on each side. Set on a cookie sheet. Place stuffed mushrooms inside foil pan.

Bake for 15 minutes in a preheated 375°F oven, or until the cheese filling is browned.

Stuffed Mushrooms: 160 kcal • 3:1 ketogenic ratio (1.5gm carb)

