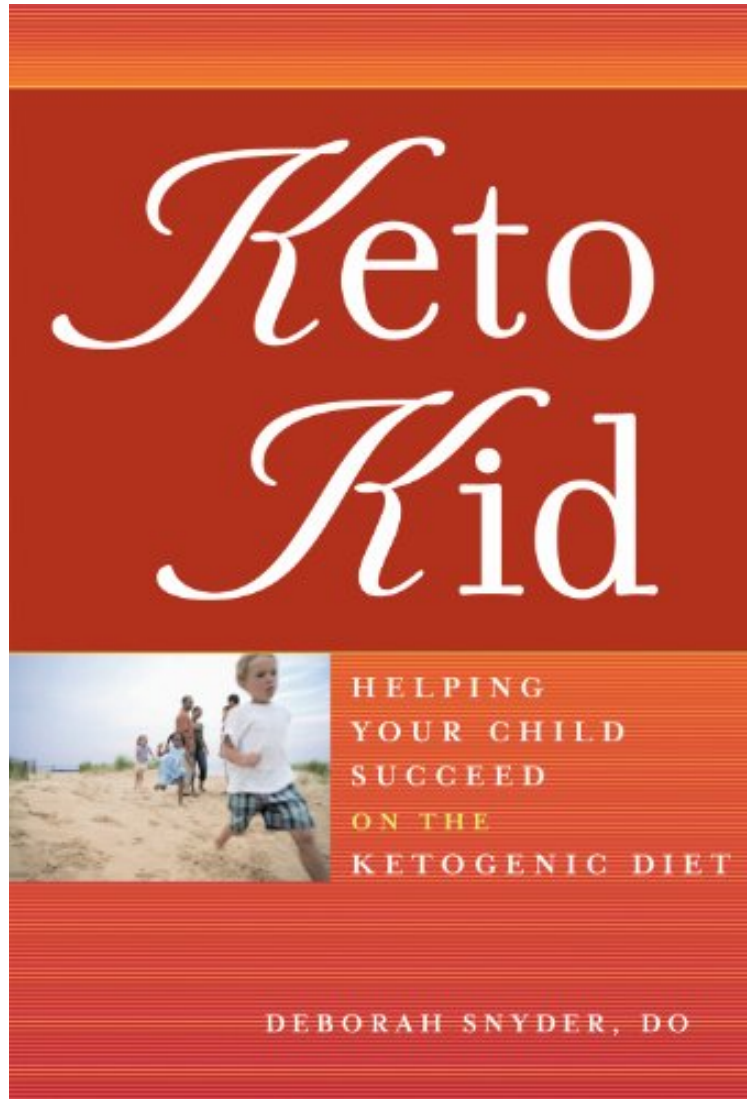


[Download] Keto Kid: Helping Your Child Succeed on the Ketogenic Diet

## Keto Kid: Helping Your Child Succeed on the Ketogenic Diet

*Deborah Ann Snyder DO*

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**Deborah Ann Snyder DO : Keto Kid: Helping Your Child Succeed on the Ketogenic Diet** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Keto Kid: Helping Your Child Succeed on the Ketogenic Diet:

1 of 1 people found the following review helpful. Excellent Resource! By KetoChef Mom This book is an excellent resource for anyone preparing for, or going through, the diet. The author includes personal experience, resources, recipes, product suggestions, diet tips. A must read for parents of "Keto Kids." It has been an invaluable resource for us and was very reassuring when we were preparing for the diet for our little one, and is still a great resource for us to

get ideas and even a form of support from. So grateful she wrote about her family's experience!2 of 2 people found the following review helpful. Great resource for parents starting ketogenic dietBy teaching mommyThis book is fantastic for parents with children on the ketogenic diet. I love the combination of fact, recipes and personal experience. I just marked 15 new recipes I want to try last night. So glad to have options other than those from the hospital. The author shares her own journals through their families journey. I have found these incredibly helpful as I go through many of the same thoughts, fears and experiences. Great to know someone has been there before me.3 of 3 people found the following review helpful. Great Support for the Keto ParentBy DiegosMomSince my 5 year old started the Keto diet I was anxious and nervous. This book is short and sweet. But best of all very informative in a plain English parent to parent setting. You receive good advice that makes sense and has actually helped me help my child transition from a no schedule almost no limit of food to a highly restricted diet.Highly recommend.

"For more than half of all children with epilepsy, the only reliable way to control seizures is the ketogenic diet, a rigid, mathematically calculated, doctor-supervised regimen that is high in fat and low in carbohydrate and protein, and strictly limits both calories and liquid intake.In *Keto Kid: Helping Your Child Succeed on the Ketogenic Diet*, Deborah Snyder, a family physician and mother of a four-year-old, keto kid, provides compassionate advice for parents transitioning to a lifestyle where one extra bite of food can have serious repercussions on a child's health. This unique book gives readers all the facts about the day-to-day management of the diet, while communicating the emotional struggle encountered by children when they mourn the loss of their favorite foods, and must learn rigid self-denial at a very young age.Topics covered include: Recipes for keto-friendly meals, and tips for making this limited diet more interesting Managing deeply food-oriented occasions like holidays and parties Time-saving strategies, such as pre-weighing and freezing meals Dealing with the emotional loss of a child's favorite foods A day-by-day account of life on the ketogenic diet, in diary form And much more!Snyder is calm, direct, and above all, hopeful. *Keto Kid* is a practical guide that will enable families to successfully master the ketogenic diet, while making the experience as pleasant as possible for both child and parent."

"This is a practical guide to using this diet to feed a child with seizures--menus, strategies, special holidays, and psychological tips. Parents should find all of this helpful. The recipes alone are golden... This is a very useful book. I will recommend it to every parent who may use the diet for a child with difficult to control epilepsy." --Doody's s (Doody's s 20100503)About the AuthorDeborah Ann Snyder, DO, graduated from the Ohio University College of Osteopathic Medicine. She is a family physician in Hermitage, Pennsylvania. At the age of four, her son Bryce began having uncontrollable seizures for which he was prescribed the ketogenic diet. After the diet's two-year course, her son Bryce is seizure-free.