

# Key Takeaways:

## From webinar on Ketogenic Diet: Dietary Treatment for Epilepsy

The ketogenic diet is an effective treatment for drug-resistant epilepsy. There are many different variations of the ketogenic diet which can fit your needs to make the diet a success for your epilepsy.

- The ketogenic diet as a treatment for epilepsy should ALWAYS be under the supervision of a dietician and neurologist .
- The ketogenic diet can be used to treat all seizure types.
- The ketogenic diet can take time to see effect. Do not be discouraged if you do not see immediate results.
- The ketogenic diet does not cause weight loss. When working with a dietician you are prescribed a certain number of calories per day. Of course, if weight loss is your goal your calorie amount can be tailored to help with this.

To obtain access to the recorded webinar,  
please visit:

<https://www.youtube.com/watch?v=Yr1BjIMmYBY>

or scan the code:



SCAN ME

# Resources Links

Charlie Foundation for Ketogenic Therapies:

<https://charlifoundation.org/>

Children's Hospital of Philadelphia

Ketogenic Diet Recipes:

<https://www.chop.edu/pages/ketogenic-diet-recipes>

Children's Hospital of Philadelphia

Dietary Treatment Program:

<https://www.chop.edu/centers-programs/dietary-treatment-program>

## Additional Links

Epilepsy Foundation Eastern PA:

<https://www.efepa.org/>

The Brain Recovery Project:

<https://www.brainrecoveryproject.org/>

<https://tinyurl.com/EFEPAYoutube>

ItsYourEpilepsy.com:

<https://itsyourepilepsy.com/>

Chelsea Hutchinson Foundation:

<https://chelseahutchisonfoundation.org/>

### **Disclaimer:**

The [ketogenic diet](#) is a high-fat diet that can be used as part of the treatment plan for children who suffer from seizures. The diet should not be started without supervision and guidance from your child's medical team.

These recipes are designed to be used by patients who are followed by Children's Hospital of Philadelphia's Division of Neurology Dietary Treatment Program. Before using, please refer to our [Recipe Disclaimer](#).

If your child is not already under the care of a CHOP neurologist, and you would like to explore the ketogenic diet, please contact our [Pediatric Regional Epilepsy Program](#) for a consultation before trying any of these recipes.