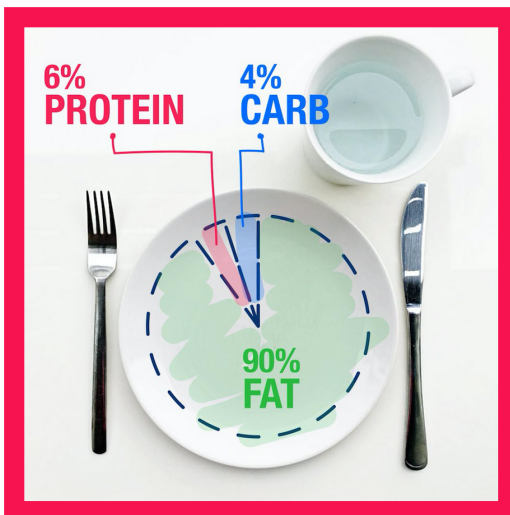


WHAT ARE KETOGENIC THERAPIES?



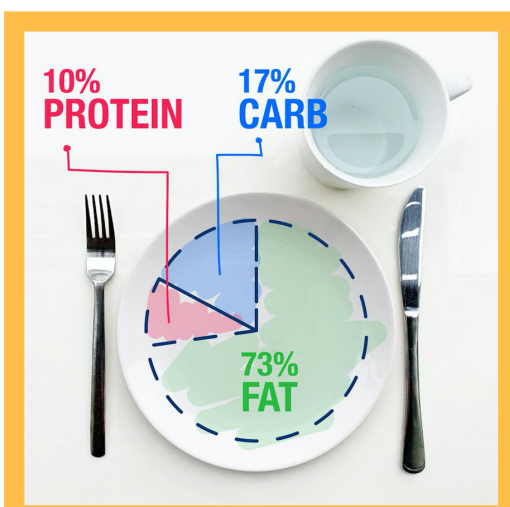
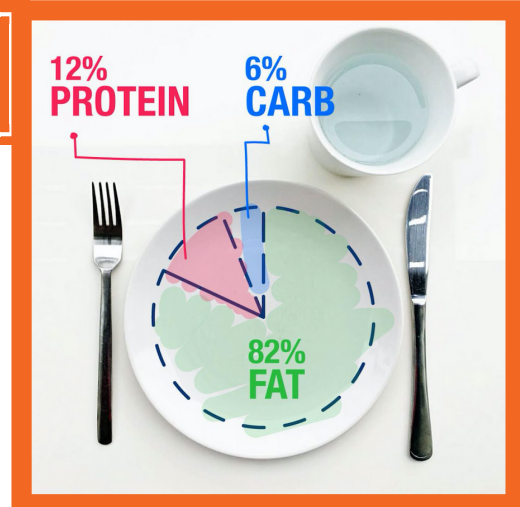
CLASSIC KETO

- An individualized and structured diet that provides specific meal plans. Foods are weighed and meals should be consumed in their entirety for best results.
- Macronutrient Ratio: 4:1 - 3:1

MODIFIED KETO

Modifying the restrictiveness of classic keto can be helpful when starting the diet, tapering down to a more sustainable, long term diet, or to meet the needs of the individual.

Macronutrient Ratio: 2:1 - 1:1



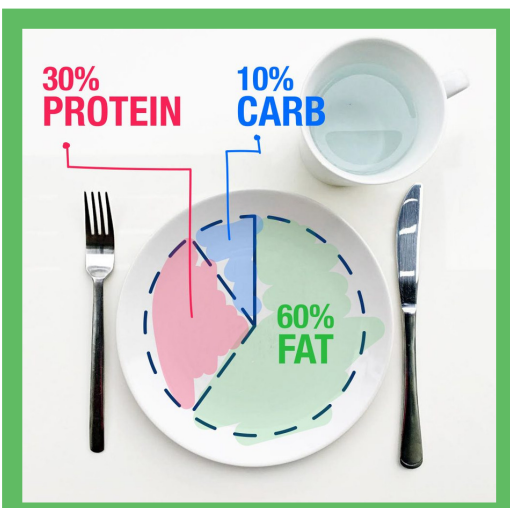
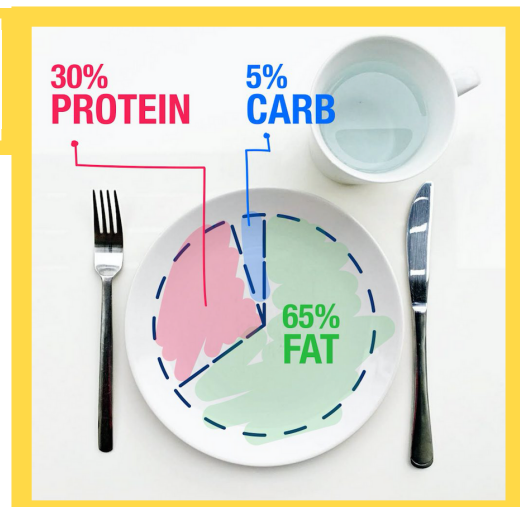
MCT

- An individualized and structured diet containing highly ketogenic Medium Chain Triglycerides (MCT), allowing for more carb and protein than classic keto.
- Macronutrient Ratio: 1:1

MODIFIED ATKINS

Limits the amount of carbohydrate, encourages fat, and does not limit protein. Carbohydrates are to be accompanied by fat when consumed.

Macronutrient Ratio: 2:1



LOW GLYCEMIC INDEX

- An individualized but less structured diet, it uses exchange lists for planning meal and emphasizes complex carbohydrates. It is not intended to promote ketosis.

Macronutrient Ratio: 1:1

LIFESTYLE AND OTHER FACTORS

Ketogenic therapy includes more than just diet. Nutritional supplements, electrolytes, hydration and digestive health are also key. This is where an experienced ketogenic specialist can be extremely helpful. Think the ketogenic diet is right for you? Talk to your doctor before adopting a ketogenic diet, or connect with one of our qualified diet professionals to determine a course of action that is right for you.