



# KETO FOR KIDS

## A Parent's Guide

The keto diet is a strict diet that can be effective for children with certain diagnoses. Doctors may prescribe a keto diet for a child when the benefits outweigh the risks. If your child has been prescribed a keto diet, use these guidelines and make sure you keep all follow-up appointments.



## FOODS YOUR CHILD CAN EAT

The following foods can be part of a keto diet. Always check portion sizes and work with your healthcare team to ensure no foods are eaten in unsafe amounts.

### Meats

- Beef
- Jerky
- Chicken
- Pork
- Bacon
- Sausage
- Turkey
- Duck
- Goat
- Lamb
- Veal
- Venison
- Pheasant
- Quail
- Goose
- Bison
- Rabbit



### Seafood

- Tuna
- Salmon
- Mackerel
- Cod
- Sole
- Halibut
- Mahi mahi
- Catfish
- Trout
- Haddock
- Tilapia
- Sardines
- Anchovies
- Herring
- Oysters
- Shrimp
- Clams
- Mussels
- Lobster
- Crab

### Nuts/Seeds

- Pecans
- Brazil nuts
- Macadamia nuts
- Hazelnuts
- Walnuts
- Peanuts
- Almonds
- Pine nuts
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds

### Other Proteins

- Eggs
- Tofu



### Fats/Oils

- Butter
- Mayonnaise
- Lard
- Tallow
- Extra virgin olive oil
- Sunflower oil
- Vegetable oil
- Coconut oil
- Avocado oil
- Soybean oil

### Dairy

- Cheese
- Heavy cream
- Full-fat and Greek yogurt if plain
- Sour cream
- Butter
- Cream Cheese (unflavored)
- Coconut Cream



### Fruits/Veggies

- Berries
- Leafy Greens: Kale, spinach, chard
- Cruciferous: broccoli, cauliflower, brussel sprouts
- Asparagus
- Peppers
- Mushrooms
- Avocados
- Olives
- Lemon/Lime
- Tomato
- Plums
- Coconut (unsweetened)
- Watermelon
- Rhubarb
- Celery
- Onions
- Garlic
- Leeks
- Shallots
- Cucumbers
- Green beans
- Squash
- Sprouts

This is not a complete food list. Always work with your child's healthcare provider.





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The keto diet eliminates one of the most important macronutrients from the diet, carbohydrates, and needs to be carefully administered. This diet should always be monitored by medical professionals.



### TIPS FOR PARENTS

- Check food packaging and ingredients; “keto-friendly” labels can be misleading.
- Watch hidden sugars in flavored yogurt, sauces, and condiments.
- Be careful with breading, dips, and marinades.
- Portion control is key: even nuts and berries can add too many carbs if eaten in large amounts.



### KEEP IN MIND

- Stay hydrated to help prevent constipation and kidney stones.
- Blood and urine may be monitored to check blood sugar and ketones.
- Your healthcare provider may also check height and weight to monitor growth.



Scan the QR codes for meal-planning recipes.

### FOODS TO AVOID



Fruits high in carbs: Cherries, grapes, mango, banana, pineapple, etc.



Higher carb nuts: Cashews, chestnuts, pistachios, etc.



Beverages with high carbs: Milk, soda, juice, hot cocoa, etc.



Desserts and Sweets - most are not allowed unless specifically produced with artificial sweeteners and grain-free flours.



Snack foods and other carb sources: Chips, snack cakes, crackers, breads, tortillas, cereals, grains

SCAN HERE



SCAN HERE

