

3 HOLIDAYS
not possible before the diet

EVA
Following a ketogenic
diet for 6 years

LOVES
school and lives life to
the fullest

LEARNED
to swim and ride a tricycle

WEANED
off all anti-epileptic drugs

NO
hospital admissions since



KETOGENIC DIET MADE EASY

This information is intended for parents or carers of children who have been prescribed KetoCal by a Healthcare Professional.

All products shown are Foods for Special Medical Purposes for the dietary management of drug resistant epilepsy, or other conditions where the use of the ketogenic diet is indicated, and must be used under medical supervision.

KETOGENIC DIET MADE EASY

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Making life easier with our free home delivery service



Nutricia provides products and services to help make ketogenic dietary therapy easier and more convenient.

Our products have been available for over 20 years, they are clinically proven and trusted by Healthcare Professionals and patients worldwide.

NUTRICIA KetoCal® 3:1

GREAT AS A FLOUR SUBSTITUTE



READY MADE 3:1 RATIO

A powder that can be made up as a drink or used as an ingredient in many recipes both sweet and savoury. Ideal for use as a flour substitute. The ready made 3:1 ratio makes following a ketogenic diet straight forward and convenient. KetoCal 3:1 can be used in any type of ketogenic diet such as the Classical, MCT, Modified and Low Glycaemic Index.

USING KETOCAL 3:1 as a drink, infant feed or tube feed



Refer to packaging for full directions of use



BLUEBERRY MUFFIN

INGREDIENTS:

- 11g KetoCal 3:1 Powder
- 1g baking powder (carb free, Barket)
- 10g almonds (flaked and ground)
- 13g flour (coconut, EastEnd)
- 12g butter (salted)
- 18g eggs (chicken, whole, raw)
- 11g milk (soya, original, Alpro)
- 10g blueberries
- sweetener (liquid, Hermesetas)

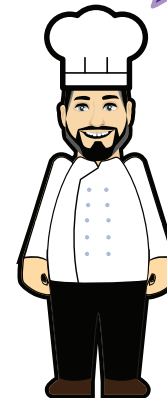
DIRECTIONS:

1. Preheat oven to 170°C/gas mark 3.
2. Add KetoCal, baking powder, ground almonds, and coconut flour into a bowl and mix together.
3. Mix in butter, egg and milk to make a soft mixture.
4. Add a squirt of liquid sweetener into the mixture.
5. Spoon mixture into the muffin tray and then add the blueberries to the top of the mixture.
6. Cook for 30-35 mins or until golden brown.
7. Remove from the oven and allow to cool.

Nutritional Information (for entire recipe)

Ratio	3:1
Carbohydrate	3.5g
Fat	32.8g
Protein	7.3g
Calories	340Kcal

Ask your HCP for a recipe book or visit www.myketoplanner.co.uk for 1000's of recipes for use with KetoCal 3:1



serving suggestion

Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

NUTRICIA KetoCal® 4:1

GREAT IN COOKING & BAKING

GREAT AS A FLOUR SUBSTITUTE

GREAT IN BREAD AND CAKES



A powder that can be made up as a drink or used as an ingredient in many ketogenic recipes both sweet and savoury. Ideal for use as a flour substitute. The ready made 4:1 ratio makes following a ketogenic diet straight forward and convenient. KetoCal 4:1 can be used in any type of ketogenic diet such as the Classical, MCT, Modified and Low Glycaemic Index.



CHOCOLATE ICE CREAM

INGREDIENTS:

60g KetoCal 4:1 Powder (vanilla)
 20g oil (olive)
 120g water (distilled)
 14g cocoa powder
 209g cream (fresh, single)
 Sweetener (liquid, Hermesetas)

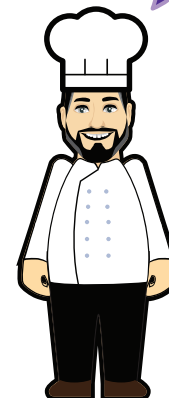
DIRECTIONS:

1. Mix together KetoCal, cocoa powder, water, olive oil, cream and a squirt of liquid sweetener in a freezer proof bowl.
2. Place in the freezer for 20 mins.
3. Remove, then stir mixture until smooth.
4. Repeat process twice more, then leave until frozen.
5. Divide into 10 equal servings.

Nutritional Information (for entire recipe)

Ratio	4:1
Carbohydrate	7.9g
Fat	104.5g
Protein	18.1g
Calories	1055Kcal

Ask your HCP for a recipe book or visit www.myketoplanner.co.uk for 1000's of recipes for use with KetoCal 4:1



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NUTRICIA
KetoCal® 4:1 LQ
Multi Fibre

IDEAL AS
A BEDTIME
DRINK

IDEAL
FOR
LUNCHBOXES

EASY & CONVENIENT

A ready to drink liquid that can be enjoyed on the go as a handy snack, or used as an ingredient in many recipes both sweet and savoury. The ready made 4:1 ratio makes following a ketogenic diet straight forward and convenient. KetoCal 4:1 LQ can be used in any type of ketogenic diet such as the Classical, MCT, Modified and Low Glycaemic Index.



serving suggestion



serving suggestion



GREEN PEPPER AND TOMATO SOUP

INGREDIENTS:

- 60g KetoCal 4:1 LQ (unflavoured)
- 25g green pepper
- 2g garlic puree
- 2g tomato paste
- 11g oil (olive)
- 2g chicken stock cubes
- 100g water
- 45g tomatoes (canned)
- 11g double cream

DIRECTIONS:

1. Fry the pepper, garlic puree, tomato puree and oil in a pan for 4 mins.
2. Dissolve stock cube in hot water.
3. Add stock and canned tomatoes to vegetables and simmer for 10 mins.
4. Add KetoCal LQ to the soup and heat for a further minute.
5. Blend until smooth.
6. Add cream to the top of the soup and serve.

Nutritional Information (for entire recipe)

Ratio	4:1
Carbohydrate	3.5g
Fat	26.9g
Protein	3.2g
Calories	273Kcal

Ask your HCP for a recipe book or visit www.myketoplanner.co.uk for 1000's of recipes for use with KetoCal 4:1 LQ



serving suggestion

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NUTRICIA
KetoCal® 2.5:1 LQ
MCT Multi Fibre

IDEAL FOR
SCHOOL
OR WORK

GREAT FOR
SOUPS AND
SAUCES

ENJOY ON THE GO

A ready to drink liquid that can be enjoyed on the go, as a convenient snack or used as an ingredient in many recipes both sweet and savoury. The ready made 2.5:1 ratio makes following a ketogenic diet straight forward and convenient. KetoCal 2.5:1 LQ can be used in any type of ketogenic diet such as the Classical, MCT, Modified and Low Glycaemic Index.



BLUEBERRY SMOOTHIE

INGREDIENTS:

- 200ml KetoCal 2.5:1
- 25g blueberries
- 11g sunflower oil
- A squirt of Hermesetas liquid sweetener (as desired)

DIRECTIONS:

1. Place all ingredients + ice cubes into a blender.
2. Blend for approx. 1 min (until smooth).
3. Enjoy!

Nutritional Information (for entire recipe)

Ratio	2.5:1
Carbohydrate	6.7g
Fat	39.6g
Protein	9.2g
Calories	425Kcal



Ask your HCP for a recipe book or visit www.myketoplanner.co.uk for 1000's of recipes for use with KetoCal 2.5:1 LQ



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MyKetoPlanner

REGISTER TODAY!

1000'S RECIPES ONLINE

OUR ONLINE RESOURCE

An online resource (www.MyKetoPlanner.co.uk) that helps you find, create and share personalised recipes.

Search thousands of available recipes and adapt them to suit your individual needs. These can then be checked and approved by your Dietitian.

MyKetoPlanner can be used for all types of ketogenic diets. **Ask your Dietitian to register you today!**



NUTRICIA CHEF DEREK



COOKERY WORKSHOPS

Speak to your Dietitian about joining a ketogenic cookery workshop hosted by Nutricia and our specialist Chef Derek. A great opportunity to get some ketogenic cookery inspiration and learn new recipes whilst meeting other families who are following a ketogenic diet.



Visit the Matthew's Friends website to access their Keto Cookery Channel for lots of ketogenic inspiration, including cookery videos from Nutricia Chef Derek.

www.matthewsfriends.org



Visit The Daisy Garland website for tasty keto recipes and cookery demonstrations from Nutricia Chef Derek. Join Daisy's Keto Cafe for exceptional parent support.

www.thedaisygarland.org.uk



LET US LIGHTEN YOUR LOAD



With Nutricia Homeward Metabolics and Specialist, every delivery is a special delivery.

We are dedicated to going the extra mile to help take a load off for our customers:



No contract, no tie-ins

There's no fixed term or contract for our service, giving you flexibility and freedom.



Peace of mind at all times

An out of hours answer phone service is regularly checked by our team.



Reduced waste, more space

We can often split cases of product and deliver only quantities that are required, saving space in your cupboards.*



Friendly delivery drivers

All of our drivers are DBS checked and receive specialist training.



A dedicated named coordinator

We ensure the continuity of expert service by providing you with a named customer care coordinator, trained across our entire product range.



Translation service

A translation service is available for non-English speaking patients.



In-house pharmacy

All customer orders are checked by our pharmacists, to make sure you receive the right amount of the correct product.



Keeping you updated on home deliveries

Our free text message service provides updates on your delivery timings.

*Selected product lines only. On the monthly product stock check, if the required decrease is a one off, we will only send out the requested quantity. However, if the change in quantity is a permanent decrease, we will seek approval from the managing dietitian.



CUSTOMER CARE TEAM OPENING HOURS:

Monday–Friday:

8am–8pm

Saturday

9am–1pm

Outside of these hours, a monitored answer phone service is available.

RECEIVING DELIVERIES

To receive your free home deliveries, please ask your dietitian to register you with the service.

For further information please contact our Customer Care team on **0800 093 3675**



NOTES

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For more information, speak to your dietitian, visit:
www.MyKetoPlanner.co.uk or call

UK: Nutricia Resource Centre **01225 751098**
NI: Metabolic Freephone **0800 973 216**
ROI: Metabolic Freephone **1800 923 535**