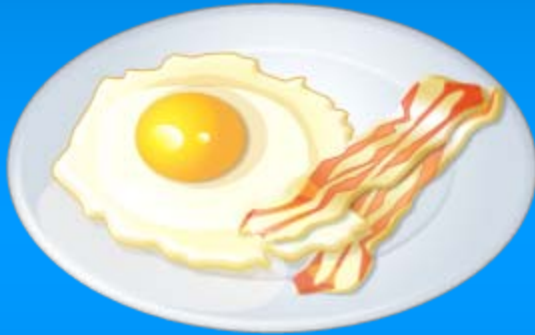


Advances and Practical Application of The Modified Atkins Diet



Eric Kossoff, MD

Associate Professor, Pediatrics & Neurology

Johns Hopkins Hospital

June 13, 2011







Topics

- History and concept behind the modified Atkins diet
 - Why do I call it “modified”?
- How to do it
- Myths
- Side effects
- Those crazy food labels
- What’s new in 2011?
 - KetoCal and other new research to come



Topics

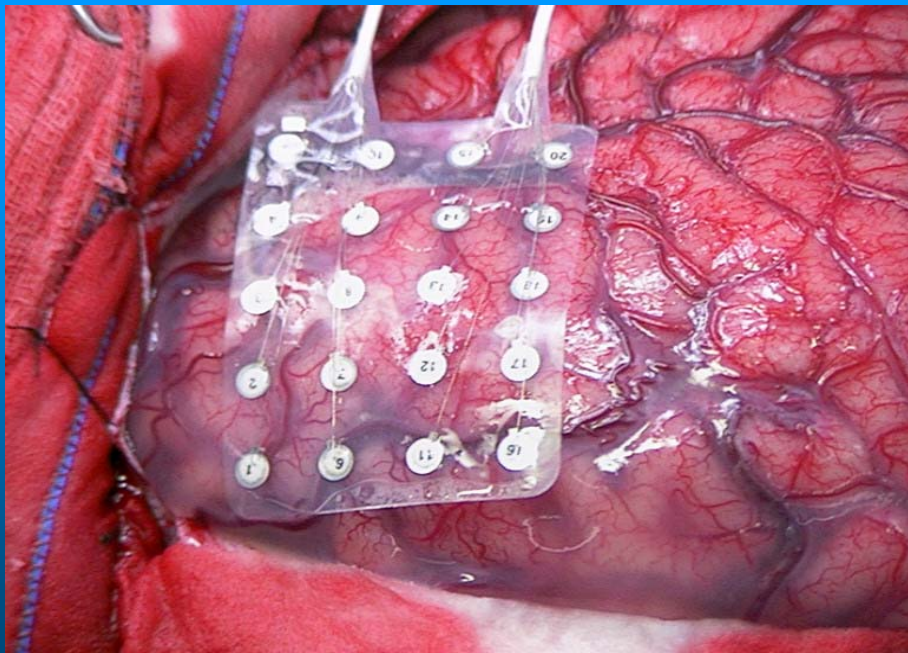
- History and concept behind the modified Atkins diet
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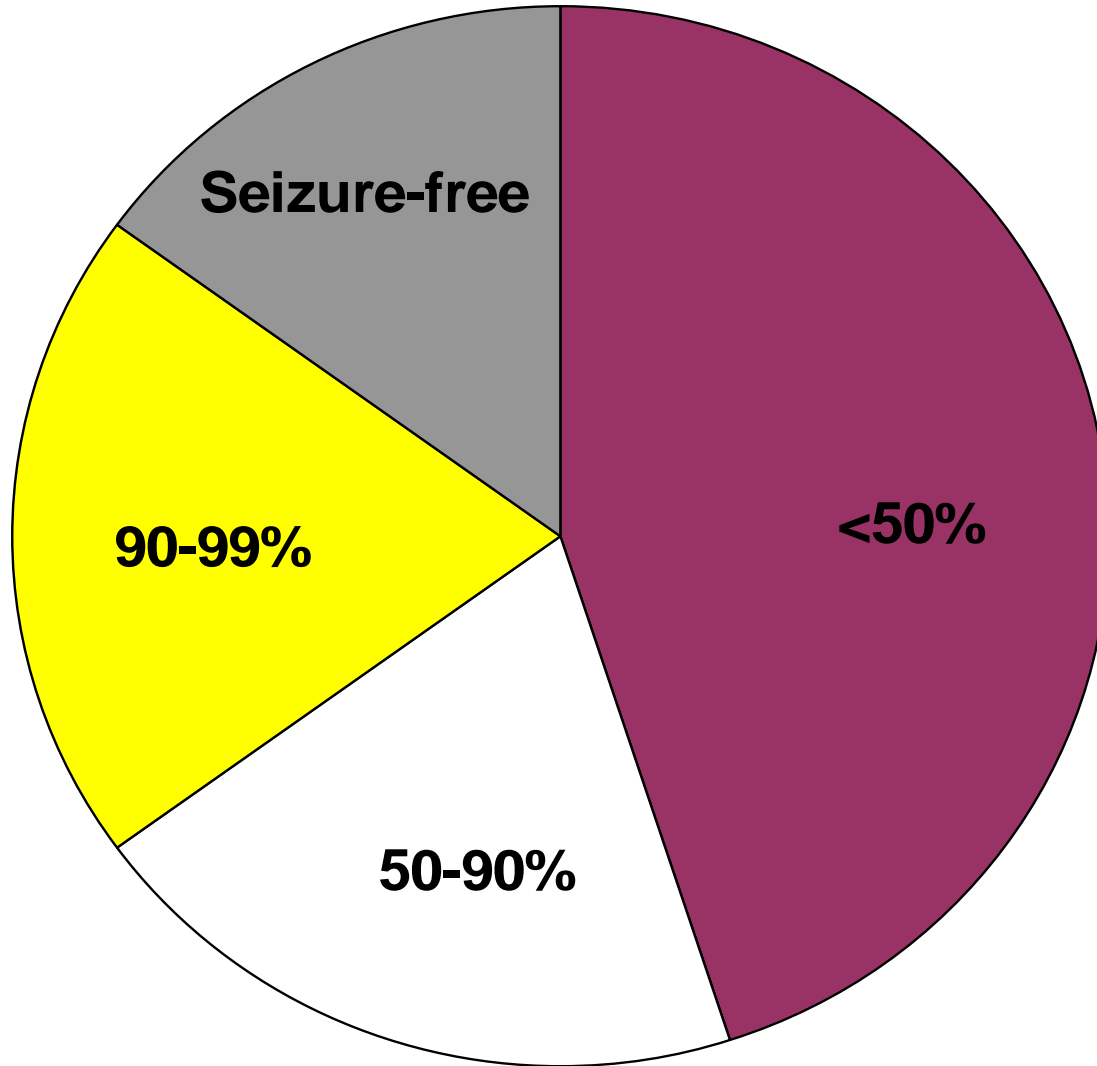
The Ketogenic Diet: Basics

- 90% calories are fat
 - 4:1 ratio of fat: carb+protein (grams) most common
- Fluid and calorie-limited
- Foods weighed on gram scales
- Typically started in the hospital over 4 days
 - 24-hour fasting period optional
- Mostly used for children





6-Month Seizure Reduction from Ketogenic Diet



An Easier Diet for Epilepsy Patients

Bissett Schwanke first noticed that her 4-year-old daughter, Genevieve, was having tics in January 2004. Then, after she had scheduled an appointment with her pediatrician, she saw something new—a seizure. Visits to a local neurologist and tests confirmed her worst fears—Genevieve had childhood epilepsy.

“It was pretty devastating,” Schwanke says. “It snowballed from head nods to four to six seizures a day.”

On top of that, the prescribed drug therapy seemed to have no effect. Anti-epileptics take months to take hold therapeutically, she was told. But when Genevieve’s seizures became even more frequent and intense in the spring of 2005, Schwanke consulted with Hopkins neurologist **Eileen Vining**. But Vining saw some improvement in Genevieve’s seizure control and recommended that she stay with the drug therapy. Give it a real opportunity to work, and then consider other options.

Schwanke knew that the high fat/low carbohydrate ketogenic diet was effective in controlling epilepsy, but it had its drawbacks, including a required fast and a hospital stay during which fami-

lies are trained in the rigors of the diet. Side effects include kidney stones, constipation and stunted growth. When she returned to Hopkins, Vining told her about a less-restrictive, modified Atkins diet that also produces ketones—a chemical by-product of fat that can inhibit seizures—but requires fewer restrictions on calories, fluids and proteins, and no fast or hospitalization. Also, Hopkins pediatric neurologist **Eric Kossoff** was conducting a small pilot study of this diet. When Schwanke still saw no success with the anti-epileptics by the fall, she enrolled Genevieve in the six-month study. The results were astounding.

“Within 36 hours she did not have another seizure, and she’s remained seizure free,” Schwanke says. “It was a complete miracle. We did not expect that kind of response.”

In Kossoff’s study, presented at a Hopkins neurology conference and a meeting of the American Epilepsy Society last December, 13 of 20 patients had a greater than 50 percent improvement in seizures, and seven had a greater than



Genevieve Schwanke has been seizure free since going on the modified Atkins diet last fall.

90 percent improvement. In addition to Genevieve, three other patients were seizure free. Nearly half were able to reduce or completely discontinue medications. Also, side effects were low.

“Our findings suggest relatively good efficacy compared to the ketogenic diet,” Kossoff says. “Our study wasn’t large enough to say a modified Atkins diet should replace the ketogenic diet, but the results are encouraging and intriguing.”

Schwanke couldn’t agree more: “The meds wore her out. Now she’s active, goes to school, plays with her friends. It’s like we turned a page and got our child back.” For more information, call 410-614-6054. 📞



THOMAS

"No thanks, I'm on a low carb diet."

History of the “MAD”

- 2001: parents of patients on the ketogenic diet very long periods able to “wing it”...

History of the “MAD”

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- First patient (age 7) started de novo: March 21, 2003. Seizure-free by March 23.
 - *Dr. Atkins dies in a tragic accident April 8*

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- Case series of 5 patients: Dec 2003

Efficacy of the Atkins diet as therapy for intractable epilepsy

Eric H. Kossoff, MD; Gregory L. Krauss, MD; Jane R. McGrogan, RD; and John M. Freeman, MD

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- Robert Atkins Foundation funds first formal pediatric MAD trial – Sept 2003- May 2005



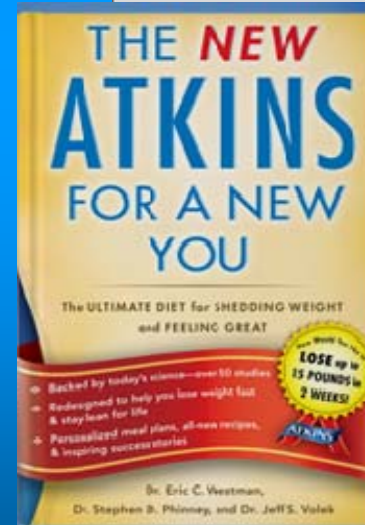
The screenshot shows the epilepsy.com website interface. At the top left is the epilepsy.com logo with the tagline 'Information. Community. Empowerment.' Below the logo is a navigation menu with tabs for 'Kids', 'Teens', 'Women', 'Families', and 'Seniors'. To the right of the logo are several utility links: 'First-time Visitors', 'Toolbox', 'Make a Donation', 'Our Supporters', and 'Shop Epilepsy.com'. A 'Member Login' section includes fields for 'Username:' and 'Password:' with a 'Sign In' button. To the right of the login fields are links for 'Forgot your Password?', 'Register for my.epilepsy.com', and 'Reasons to Join'. Below the login section, the page is updated as of 'Mon, 12/29/2008 - 6:33am'. A left sidebar contains a menu with items like 'Epilepsy Therapy Project', 'Innovation Center', 'Epilepsy.com Professionals', 'My.epilepsy.com Community', and 'All About Epilepsy & Seizures'. The main content area features a breadcrumb trail: 'Home > Treatment > Dietary Therapies/Ketogenic News > Keto News Archives > Keto News 2007'. The article title is 'Modified Atkins Diet - More on the plate than ever'. To the right of the article is a search bar 'Powered by Google™' and a 'Related Media' section with tabs for 'Videos & Podcasts' and 'Articles'.

115 (42%) of 272 children and adults with
>50% seizure reduction to date
– 26 (10%) became seizure-free

Kossoff Neurology 2003; Kossoff Epilepsia 2006; Kang Epilepsia 2007; Kossoff Epilepsy Behav 2007; Ito Brain Dev 2007; Kossoff Epilepsia 2008; Carrette Clin Neuro Neurosurg 2008; Weber Seizure 2009; Porta Seizure 2009; Slaughter Epi Research 2009; Kumada J Child Neurol 2009; Kossoff J Child Neurol 2010, Kumada Brain Dev 2011, Smith Epilepsia 2011

Are these diets alike? YES!!!

- Low carbohydrate, high fat diet with similar foods
- Can be used long-term
- Weight loss can occur
- *Induces urinary ketosis*



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updated 7:14 p.m. EDT, Wed July 16, 2009


Low-carb diet beats other diets in study

STORY HIGHLIGHTS

- Study compared low
- Low-carb diet impro
- All three approaches

Next Article in Health

ATLANTA, Georgia (AP) — The Atkins diet may have proved itself after all.



A diet low in carbohydrates, found in bread, improved cholesterol more than two other diets.

A low-carb diet and a Mediterranean-style regimen helped people lose more weight than a traditional low-fat diet in one of the longest and largest studies to compare the dueling weight-loss techniques.

A bigger surprise: The low-carb diet improved cholesterol more than the other two. Some critics had predicted the opposite.

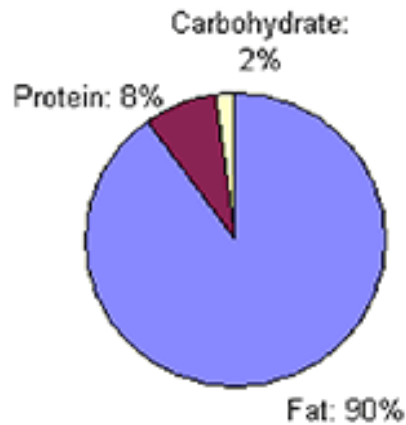
"It is a vindication," said Abby Bloch of the Dr. Robert C. and Veronica Atkins Foundation, a philanthropy group that honors the Atkins' diet creator and was the study's main funder.

However, all three approaches — the low-carb diet, a low-fat diet and a Mediterranean diet — achieved weight loss and improved cholesterol.

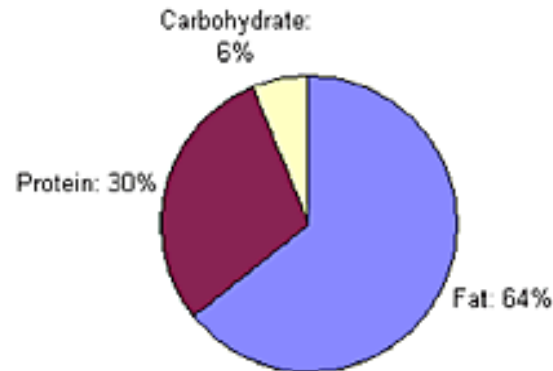
The study is remarkable not only because it lasted two years, much longer than most, but because of the huge proportion of people who stuck with the diets: 95 percent.

Researchers approached the Atkins Foundation with the idea for the study. But the foundation played no role in the study's design or reporting of the results, said the lead author, Iin Shai of Ben-Gurion University of the Negev.

Are these diets different? YES!!!



Ketogenic diet



Modified Atkins diet



Standard, "normal" diet

- No calorie restriction
- No fluid restriction
- No hospital admission (taught in clinic)
- No weighing of foods on gram scales
- No fasting required
- Parents can do it with their child



How is it “modified”?

Atkins “by the book”

- High fat foods are allowed

Modified Atkins

- High fat foods strongly encouraged



How is it “modified”?

Atkins “by the book”

- High fat foods are allowed
- Carbs 20 grams per day just 1st 2 weeks

Modified Atkins

- High fat foods strongly encouraged
- Carbs 10-20 grams per day indefinitely



How is it “modified”?

Atkins “by the book”

- High fat foods are allowed
- Carbs 20 grams per day just 1st 2 weeks
- Weight loss is the goal – watch calories

Modified Atkins

- High fat foods strongly encouraged
- Carbs 10-20 grams per day indefinitely
- Weight loss not the goal – eat ad lib



Topics

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- Myths
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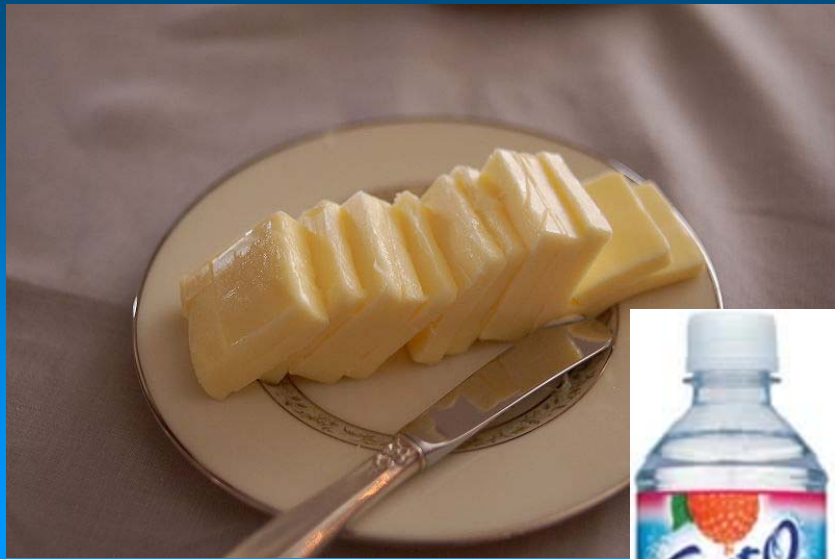
“Modified Atkins Diet 101”

Month One

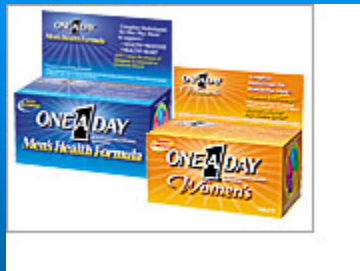
- Baseline CMP, CBC and lipid profile
- Send a 2-day food record before starting
- Go shopping (and surfing)

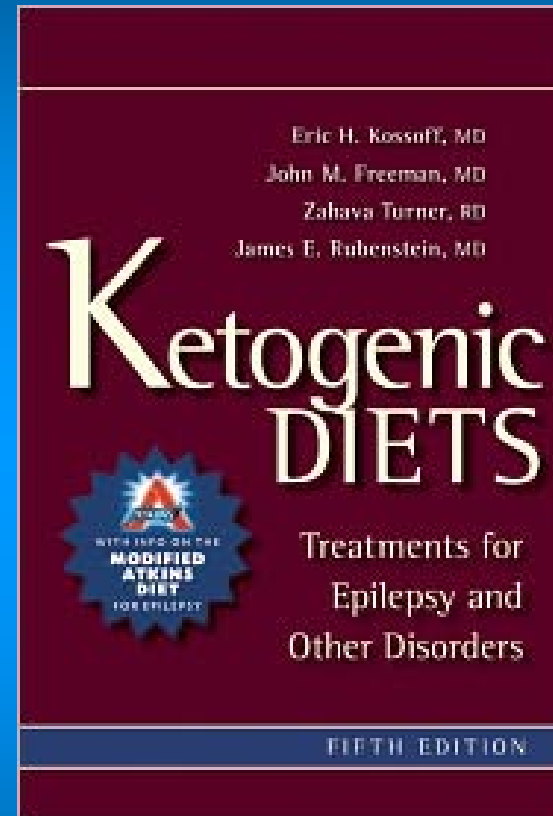
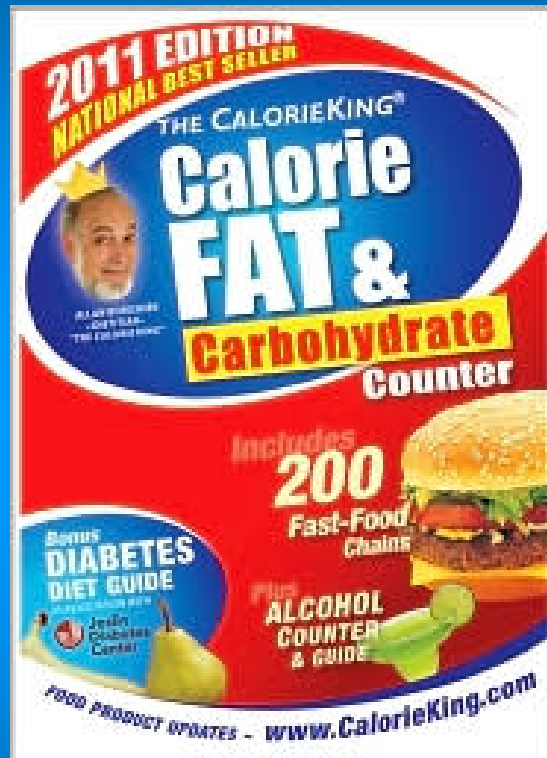
- Take a daily multivitamin and calcium
- 10 grams of any carbohydrates per day
 - 15 g/day for teens; 20 g/day for adults
- Eat lots of high fat foods, plenty of carb-free fluids

- Check ketones twice weekly; weight weekly
- Leave medications unchanged
- Avoid low-carb store products first month
- Call your keto team in one month for an update



Multivitamins







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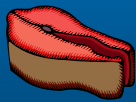


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Adult Atkins Diet Clinic Sample Menu



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast 	Decaf Coffee with Half & Half Bacon Scrambled Eggs	Herbal Tea Ham & Cheddar Cheese Omelet 	Decaf Coffee with Half & Half Sausage Links Fried Eggs	Decaf Coffee with Half & Half Poached Eggs Tomato with Cheddar Cheese	Water Vegetable & Mozzarella Cheese Omelet with Green Peppers and Mushrooms	Herbal Tea Grilled Ham Steak Scrambled Cheese Eggs with Cheddar Cheese	Decaf Coffee with Half & Half Steak & Eggs 
Lunch 	Water Roast Chicken breast Salad – Romaine lettuce, cucumber, mushrooms & Italian dressing	Club Soda Fried Chicken Wings Celery Sticks Blue Cheese dressing	Water Bunless Double Cheeseburger Lettuce Tomato Mayonnaise Dill Pickle	Water Shrimp & Scallops Steamed Snow Peas 	Club Soda Chicken Cobb Salad - Chicken Breast, Romaine lettuce, Cucumber, Boiled Egg, & Blue Cheese dressing	Diet Soda Sautéed Beef & Vegetables (Green Peppers & Mushrooms)	Water Braised Short Ribs Salad – Romaine lettuce, tomato, alfalfa sprouts & Blue Cheese dressing
Dinner 	Diet Soda Broiled Salmon Steamed Broccoli with Cheddar Cheese 	Water Sirloin Steak Salad – Romaine lettuce, bacon bits, 1 boiled egg & Italian dressing	Diet Soda Fried Pork Chops Buttered Green Beans	Diet Soda Roasted Turkey Breast Spinach Salad with Mushrooms & Italian dressing	Water Seared Tuna Steak Steamed Asparagus 	Club Soda Roast Duck Steamed Spinach 	Water Grilled Sea Bass Steamed Buttered Cauliflower
Total Carbs	15 g	13 g	12 g	12 g	12 g	12 g	13 g

Atkins Recipes - Course

Main Course



Chard and Cheese Ca

GO

Grains & Breads



Chard and Cheese Ca

GO

Desserts



Chocolate-Sour Cream

GO

First Course



Creamy Chicken and \

GO

Appetizers



Chile Beef Kabobs

GO

Beverages



Chocolate Mudslide

GO

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Breakfast



Lunch/Dinner



Snacks & Dessert



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 - [- Ketogenic Diet](#)
 - [- **Modified Atkins Diet**](#)
 - [- The Low Glycemic Index Treatment and the Ketogenic Diet](#)
 - [- Modified Atkins Diet – More on the plate than ever](#)
 - [- Do ketogenic diets work for adults with epilepsy? Yes!](#)
 - [- Ketogenic Diet Research](#)
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Modified Atkins Diet

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What is the modified Atkins Diet?

The modified Atkins diet is a modification of the traditional [ketogenic diet](#) that had been used for several years by families mostly who had been using the ketogenic diet for many years and eventually stopped weighing and measuring foods. They had noticed ketones still remained high and seizures under control. It was first formally studied in children and adults who had never tried the ketogenic diet at Johns Hopkins Hospital by Dr. Eric Kossoff and colleagues in 2002, with the first paper published in 2003. A larger series of 20 children was published in December 2005.

How is it different from the ketogenic diet?

Although the foods are very similar, there are key differences between the modified Atkins diet and the ketogenic diet. First, with the Atkins diet there is no fluid or calorie restriction. Also, although fats are strongly encouraged, there are no restrictions on proteins. In addition, foods are not weighed and measured, but carbohydrate counts are monitored by patients and parents. It is started outside of the hospital, without a fast, as well. Lastly, foods can be eaten more freely in restaurants and outside the home, and families (and neurologists!) can do it as well. The diet is a "modified" Atkins diet as it allows for less carbohydrates than traditional Atkins (10-20g/day) and more strongly encourages fat intake. Please remember that no diet should be done without a neurologist and dietitian involved.

Who will it help?

At this time, research is underway to help answer this question. Preliminary results in a small number of patients suggests that the modified Atkins diet may help some children with intractable seizures.

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Dietary therapy is an approach to helping control seizures, usually in conjunction with seizure medications. The ketogenic diet, a special high-fat, low-carbohydrate diet, is prescribed and monitored by a physician and nutritionist and can help control seizures in some people. Additionally, the modified Atkins diet, which has some similar components to the traditional ketogenic diet, can be effective. This section presents information and monthly updates about these dietary therapies and others and how they might be helpful to people with epilepsy.

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Monthly Feature: With today's renewed interest in diet and health, in January 2007 we were pleased to announce the creation of an exciting new feature on epilepsy.com, a recurring monthly section highlighting new advances in the use of dietary therapies for epilepsy. Now after nearly 2 years, this section is almost a "mini-book" with many valuable articles about how to make the diet work better for you or your child. This feature is edited by Eric Kossoff, MD, from Johns Hopkins Hospital, who is also a member of the epilepsy.com editorial board. He is the Medical Director of the Johns Hopkins Hospital Ketogenic Diet Program. This section includes new information helpful for patients, parents, and caregivers who receive or provide diets for the treatment of epilepsy. Cutting edge research, as well as helpful hints, is



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Description Category: [Alternative Medicine](#)

This is a support group for parents/caregivers or individuals who are using the Atkins Diet or a modified form of it to control a seizure disorder.

Membership

You are a member of this group

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Group Info

Members: **34**
Created: **Aug 11, 2004**
Language: **English**

Group Settings

- Listed in directory
- Membership requires approval
- Messages do not require approval
- All members may...

What's New

New within the last seven days:

Members: **2** Messages: **37**
Files: **4**

Recent Messages [View all Messages \(613\)](#)

Dec 17 [Hello all! - kossofferic](#)
Happy holidays to all "my" families...it's nice to see the exchange of informat

Dec 17 [Welcome our newest Member - mcpitza](#)
Dr. Kossoff's request for membership has been approved. We are pleased to have

Dec 17 [Re: Visit #3 - tkkoski](#)
Melanie (and everybody else ^_^), Hi. Sounds like Brooklyn's visit was very

Dec 16 [Re: to Melanie - frumpymumma](#)
Dear Melanie Good sleuthing... now you have an idea what triggers the sei

Dec 16 [Re: to Melanie - barneysadinosaur](#)
Thanks Tammy and Brenda for your notes. Tammy, let us know how Brook

Message History

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Atkins for Seizures-Managing Epilepsy with the Atkins Diet - Mozilla Firefox

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Atkins For Seizures

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Welcome to Atkins For Seizures

The Johns Hopkins Pediatric Neurology Center has long supported seizure management through Diet. The **Ketogenic diet** has saved the lives of many and improved the lifestyle of countless more. This intensive diet is very high in fat, and low in Carbohydrates (low-carb). In this, it resembles Dr. Atkins low carb diet designed for both weight loss and healthy living.

After four years and six different anti-seizure medications that didn't help our daughter, we discovered **Dr. Eric Kossoff** and the Atkins Diet for Seizures. Our daughter became patient number thirteen in a study that ended in April, 2005. She is now medication free. She has approximately 15 seizures a day - down from 100 per day while on medication!

While Atkins for Seizures will not work for everybody, I believe this information needs to be made available to the medical community as soon as possible. There is also a need for centralized sharing of recipes, references, financial assistance, low-carb/keto-friendly suppliers, etc. Welcome to that place. It is our goal to provide support to families looking for more information.

One thing you will not find here is medical advice. We are families that have benefited from this approach - not pediatric neurologists. We will share our experiences and resources, but each child is different. Please seek qualified medical guidance. **Dr. Eric Kossoff** is an excellent resource and may be able to assist you in finding the guidance.

Finally, this is a work in progress - as is the therapy. You can make a huge difference in the lives of many by contributing to this project. Please click the [Contribute](#) link on the left for a list of over ten ways you can help make this the resource it is meant to be.

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http://modifiedmom.wordpress.com/category/recipes/

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Recipes < modifiedmom.com

MODIFIEDMOM.COM

"THE ADVENTURES OF A MAD MOM"

CATEGORY ARCHIVES: **RECIPES**

RUTABAGA CHIPS MAY 4, 2011

You can use turnips for these, too, or probably any root vegetable. 1 small Rutabaga, thinly sliced Salt Oil for frying Take a deep pot and add a few inches of oil – enough to deep fry in. Heat oil on med/high. Place rutabaga slices into hot oil and fry until golden brown. You can [...]

POSTED UNDER [RECIPES](#) LEAVE A COMMENT

ALMOND BUTTER BREAD APRIL 27, 2011

I made this recipe which I found through another MAD family on the Atkins for Seizures Yahoo Group. It is a fantastic substitute for bread – the best I have found so far. The texture is unlike many of the nut flour breads, so it holds together when cut and can be used for sandwiches, [...]

POSTED UNDER [RECIPES](#) LEAVE A COMMENT

PAN FRIED "NOODLES" APRIL 20, 2011

Casey was exposed to Noodles at a young age. Many of his friends are Korean, Chinese or Japanese and have shared various noodle dishes with him over the years. He was really devastated when he found out he could no longer have his beloved Ramen, so we were so excited when we found the "miracle [...]

HOME PAGE ABOUT

SEARCH...

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- [CARBALOSE FLOUR](#)
- [DOMINGO'S GOURMET PORK RINDS](#)
- [JUST THE CHEESE - CRUNCHY LOW CARB TREATS](#)
- [KETO CAL](#)
- [SHIRATAKE "MIRACLE" NOODLES](#)
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Dietary Therapy for Epilepsy: A Parent's Experience

Foods That Heal

Using the Modified Atkins Diet for Seizures

By Jeanne Riether

Most likely if you are reading this, you are either a parent of a child with epilepsy, or have a family member or friend with the condition. Perhaps you suffer from seizures yourself. Some people have milder forms of epilepsy and experience seizures only once or twice a year. Other epilepsy patients experience hundreds of seizures per day. In China, where I live, over 9 million people currently suffer from epilepsy. Thirty percent of patients experience seizures that cannot be controlled by medication.

Please understand, I am not a doctor. I can't give you medical advice, and you will need to work with a qualified neurologist to find the right treatment. However, because the Modified Atkins Diet (MAD) is a newly introduced therapy in China, I hope that by sharing about our personal experience using it, other parents will find some of the answers they're seeking.

Language

- English
- 中文

Inspirational Articles

Wings to Fly articles offer hope and inspiration as you face the challenges of life. This growing collection will be updated regularly, so check in for new thoughts to brighten your day.

Recent Posts

- Finding the 'Ability' in Disability:
- Soaring Above the Challenges of Life
- Are You Ready For Life's Journey?

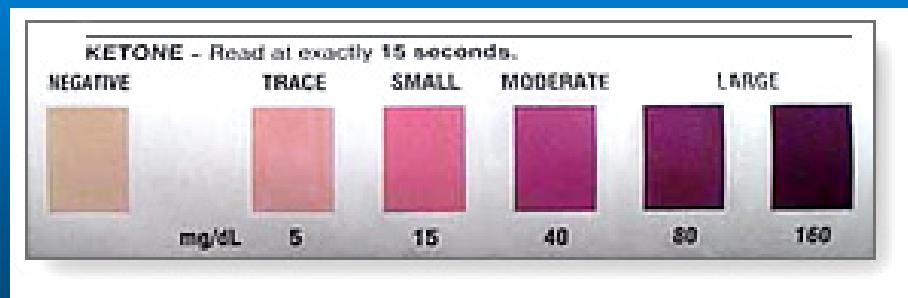
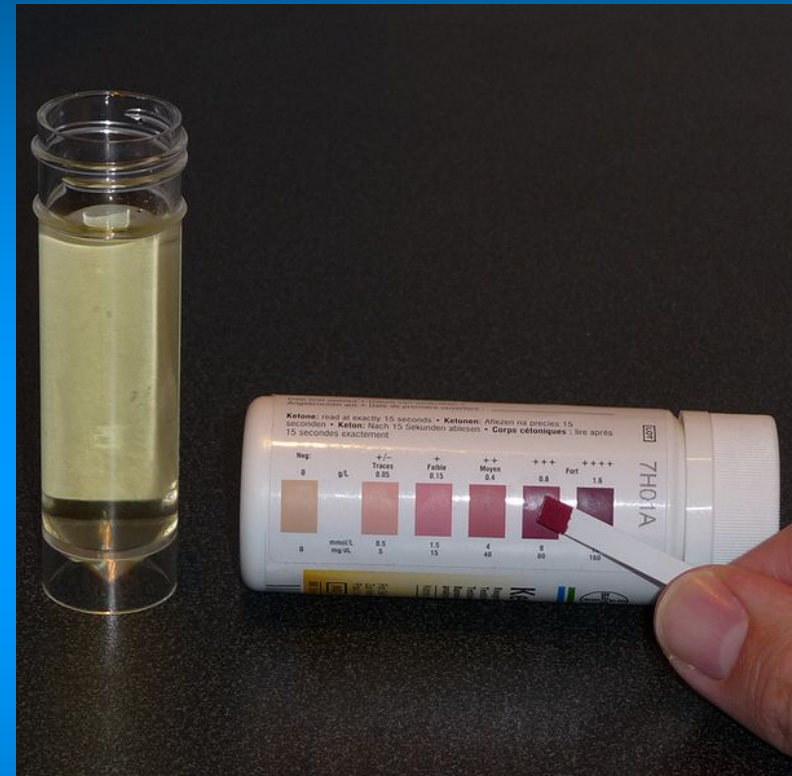
Archives

- October 2010

Gallery

How to check ketones

- Purchase- *KetoStix*
- Dip the reagent end of the strip into urine specimen collected in a clean cup.
- In 10-15 seconds, check color against color chart
- Check twice a week





Modified Atkins Diet Seizure Calendar

PLEASE TRACK

- Your seizures daily
- Your urine ketones twice a week for the first month, then weekly
- Your weight weekly

Ex: Sun

21
160 lbs.
Moderate
No seizures

Sun	Mon	Tue	Wed	Thu	Fri	Sat
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—

Please fax this calendar at the end of every month to 410-502-2507, "Attention- Dr. Cervenka"



“Modified Atkins Diet 101”

Month 2+

- 15-25 grams of carbohydrates per day
- Don't need to check ketones regularly
 - Once per week is OK
- Check weight weekly
- Can reduce medications if desired
- Start using low-carb store products if desired
- Visit and labs at 3-4 months if it's helping



How long should a child stay on the diet?

- As long as necessary!!!!
- Think of your own personal goals and expectations
 - Less seizures?
 - Fewer medications?
 - Milder seizures (less ER visits)?
 - Weight loss?
 - *Driving?*
- Usually after 2 years, we'll try to wean the diet
 - Not necessarily true for teens and adults

High-Fat Ketogenic Diet Diminishes Seizures For Local Man With TSC

Originally published June 24, 2008

By [Susan Guynn](#)
News-Post Staff

New Market -- Joedy Atkinson eats chunks of butter and drinks heavy cream at every meal.

It's part of a special diet he's followed most of his 28 years. His mother, Eva Atkinson, is certain Joedy's high-fat diet is responsible for diminishing multiple daily seizures to a total of about 25 during the **past 23 years.**

At 3 1/2 months, Joedy began having seizures. He was diagnosed with epilepsy.

"Around 9 months, we noticed he wasn't progressing," said Eva. "His gross motor skills were fine," but when it came to making eye contact and speech, Joedy was lagging.

Further testing showed Joedy also had a genetic disorder called tuberous sclerosis complex (TSC). It causes benign tumor-like tubers to form in different organs, primarily in the brain, eyes, heart,



Photo by Doug Koontz

Eva Atkinson measures out meals for her son Joedy, 28, who has tuberous sclerosis and epilepsy. Eva says following a strict ketogenic diet for the past 23 years has reduced Joedy's seizures from multiple daily to about 25 since he began the diet around age 5.



Topics

- History and concept behind the modified Atkins diet
 - Why do I call it “modified”?
- How to do it
- **Myths**
- Side effects
- Those crazy food labels
- What’s new in 2011?
 - KetoCal and other new research to come

Things I've heard lately that aren't necessarily true...

- Adults will not be compliant with the MAD
- If you're not doing well, cut your daily carb count
- A meal plan with recipes is needed
- If the MAD doesn't work, it doesn't mean the KD won't work – try it
- The MAD makes medications more potent/toxic – get rid of them to make it work
- Fruits are not allowed
- Splenda/Nutrasweet is not allowed
- There are less side effects than the KD...



Topics

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 - KetoCal and other new research to come

The Ketogenic Diet: An Effective Medical Therapy With Side Effects

Wheless JW. *J Child Neurol* 2001;16:633-5.

FOOD FOR THOUGHT: THE KETOGENIC DIET AND ADVERSE EFFECTS
IN CHILDREN

Duchowny M. *Epilepsy Currents* 2005;5:152-4.



Side Effects: MAD

- Constipation*
- Weight loss
- Decreased vitamins and calcium → daily vitamin supplements
- Acidosis and over-ketosis*
 - Lightheadedness, dizziness, nausea, stomach ache, headache, fatigue → drink orange juice
- Kidney stones*
- Hyperlipidemia → monitoring of fasting lipids, decrease saturated fats

*make sure to drink plenty of fluids and avoid dehydration



	Baseline	6 months	<i>P</i> value
Weight (kg)	34.0	33.7	0.96
ALT	21	26	0.30
AST	27	28	0.54
CO ₂	23	22	0.36
BUN	12	17	0.01
Creatinine	0.5	0.5	0.92
Cholesterol	192	221	0.06
HDL	65	69	0.79
LDL	108	130	0.15
Triglycerides	82	84	0.56



Topics

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 - KetoCal and other new research to come

The Food Label – Nutrition Facts



- Serving Size
- Servings per container
- Carbohydrate
- Subtract Fiber ONLY
- Include sugar alcohols in carb count

Nutrition Facts
Serving Size 3oz

Amount Per Serving		Calories from Fat 0	
		% Daily Value *	
Calories 30			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			0%
Cholesterol 0mg			0%
Sodium 35mg			1%
Potassium 0mg			0%
Total Carbohydrate 8g			2%
Dietary Fiber 2g			8%
Sugars 2g			
Protein 2g			
Vitamin A 90%		Vitamin C 70%	
Calcium 4%		Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

THOROUGHLY WASHED
PRESERVATIVE FREE
ALL NATURAL

VEGETABLE

PERISHABLE
KEEP REFRIGERATED

Ingredients: Soybean oil, eggs, water, distilled and cider vinegar, salt, oleoresin paprika, natural flavors, calcium disodium EDTA added to protect flavor. Contains: Eggs

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 1 Tbsp (14g)	Total Fat 12g	18%	Sodium 75mg	3%
Calories 100	Sat Fat 1.5g	8%	Total Carb. 0g	0%
Fat Cal. 100	Trans Fat 0g		Dietary Fiber 0g	
	Polyunsat Fat 7g		Sugar 0g	
	Monousat Fat 2.5g		Protein 0g	
	Cholesterol 10mg	4%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 6%

men

SI

ENERGY FOUND!

By early spring 90% of American women are looking for a diet.

Plus: 10 tips for 15-minute home workouts!

the/ from xp-vo dieting

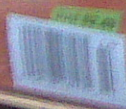
gly fat ster

PUT OFF SURFACE FLAB

and keep it off!

- 1. The principles: low-carb, high-protein, low-fat
- 2. Drink up water
- 3. Get a good night's sleep

THE BEAR



Womans World



1 Bake up smiles!
So jump the queue on special diets with all sorts of great recipes!

1 TURBO LOW-CARB!
The San Diego miracle diet that's EASIER THAN ATKINS!
Discover the "secret weapon" that helps eaters lose weight without starving!
PAGE 2 STARTS IN 17

2 ENDS ANXIETY!
The food that flat actually ends anxiety!

3 HERBAL TEAS
MORE POWERFUL THAN MEDICINE

4 STOPS STRESS HEADACHES!
The combination of herbs that stops stress headaches!

5 Hate working out?
How to lose weight without going to the gym!

6 GET A RAISE!
How to get a raise without asking for it!

BONUS! Your SPRING HOROSCOPE forecast!

Shower showstopper!
Make a fabulous "whipping cake" from towels!



Pea



KIDS CAUGHT IN

CHARLIE BOY

Sippy cups, porn stars and the upside-down world of the toddler in **Charlie Sheen** and **Brooke Shields** ugly custody war



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ATKINS DAY BREAK OATMEAL CINNAMON BAKED SQUARE

NEW!

5g Protein

1g Sugar

140 Calories

Only 5g Net Carbs

Nutrition Facts

Serving Size 1 Bar (40g)

Amount Per Serving	
Calories 140	Fat Cal. 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Potassium 35mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 10g	40%
Sugars 1g	
Sugar Alcohols 7g	
Protein 5g	10%

Vitamin A	10%	Vitamin C	10%
Calcium	4%	Iron	6%
Vitamin E	10%	Thiamin	15%
Riboflavin	10%	Niacin	15%
Folate	10%	Phosphorus	4%

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: FLOUR BLEND (WHOLE WHEAT FLOUR, WHEAT GLUTEN, OAT FIBER), PALM OIL, MALTITOL, POLYDEXTROSE, SOY CRISPS (SOY PROTEIN ISOLATE, CALCIUM CARBONATE, OAT FIBER, OAT FLOUR), MODIFIED WHEAT STARCH, WHOLE GRAIN ROLLED OATS, VANILLA FLAVORED COATING (MALTITOL, PALM KERNEL OIL, SODIUM CASEINATE, MILK FAT, GLYCEROL, LACTO ESTERS OF FATTY ACIDS WITH CITRIC ACID, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE), DATE PASTE, INULIN, WATER, GLYCERIN, SPICES, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE), SALT, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN MINERAL MIX (ASCORBIC ACID (VITAMIN C), DL-ALPHA-TOCOPHEROL ACETATE (VITAMIN E), NIACINAMIDE, VITAMIN A PALMITATE, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUCRALOSE. **FIBER CONTAINS WHEAT, SOY AND MILK.**

★ Sugar Alcohols total includes 1g of glycerin. Rounded values.

FREE WEIGHT-LOSS KIT!
Includes all of this plus
3 FREE ATKINS BARS

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NEW!

Atkins Introduces
CHEF RECIPES

Five leading chefs share
over 45 unique recipes
created just for us.

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Atkins Day Break
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As typically shown during Phase 1, results will vary as actual weight loss varies by individual.

BEST BY 05/19/11

TRADER JOSÉ'S

REDUCED CARB

*Whole Wheat
Flour Tortillas*



**High in Fiber
& Low Fat**

**NO ARTIFICIAL
COLORS, FLAVORS
OR PRESERVATIVES**



NET WT.
9.8 OZ
(280g)



0068488571



PAREVE

For Extended
Shelf Life,
Please Refrigerate.

Nutrition Facts

Serving Size 1 tortilla (28g)
Servings Per Container 10

Amount Per Serving

Calories 45 **Calories From Fat 10**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 10g **3%**

Dietary Fiber 7g **28%**

Insoluble Fiber 6g

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, WHEAT FIBER, WHEAT GLUTEN, WHOLE WHEAT FLOUR, OAT FIBER, HIGH OLEIC SUNFLOWER OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: FOR ADDED FRESHNESS (CULTURED WHEAT FLOUR WITH ADDED VINEGAR AND/OR CULTURED WHEAT STARCH), CITRIC ACID, WHEAT BRAN, SALT, SOY LECITHIN (AN EMULSIFIER), GUAR GUM, YEAST, SODIUM ALGINATE, SODIUM BICARBONATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE).

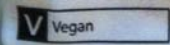
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TRADER JOE'S, MONROVIA, CA 91016

SKU# 068885 • CT LIC.# 6814

**Reduced Carb Whole
Wheat Flour Tortillas**

Trader Joe's reduced carb tortillas have over 70% fewer carbs per serving than flour tortillas with whole wheat, and they're low in fat. Roll them up for mini-wraps. Try an open-faced quesadilla or complement your fajita menu ideas.

	Regular Flour Tortillas with Whole Wheat	Reduced Carb Whole Wheat Flour Tortillas
Per Serving	1 tortilla (48g)	1 tortilla (28g)
Total Carbohydrate	24g	7g
Total Fat	3.5g	1.5g



Vegan



0068488571

EC

Nutrition Facts

Serving Size 1 cup (240 mL)
Servings Per Container 8

Amount Per Serving

Calories 40 Calories from Fat 30

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars less than 1g

Protein 1g

Vitamin A 10% • Vitamin C 0%

Calcium 30% • Iron 4%

Vitamin D 10% • Vitamin E 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	30g	37.5g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ALMONDMILK (FILTERED WATER, ALMONDS), TRICALCIUM PHOSPHATE, SEA SALT, GELLAN GUM, DIPOTASSIUM PHOSPHATE, XANTHAN GUM, NATURAL FLAVORS, SUNFLOWER LECITHIN, VITAMIN A PALMITATE, VITAMIN D2, DL-ALPHA-TOCOPHEROL ACETATE (VITAMIN E).

CONTAINS ALMONDS.
DIST. & SOLD EXCLUSIVELY BY:
TRADER JOE'S,
MONROVIA, CA 91016

Vegan
No Gluten
Ingredients Used

TRADER JOE'S

Almondmilk
NON-DAIRY BEVERAGE
Vanilla
UNSWEETENED

Smooth and creamy,
our Almondmilk is an
excellent alternative
to dairy milk in
everything from
breakfast cereal to
baked goods. It's
free of dairy and soy,
and fortified with cal-
cium and vitamins A,
D & E. Almonds have
long been associated
with good luck. We'll
drink to that....

SHAKE WELL BEFORE USE
KEEP REFRIGERATED AND
USE WITHIN 7-10 DAYS
AFTER OPENING



RICH & CREAMY SOY FREE

TRADER JOE'S
Almondmilk
NON-DAIRY BEVERAGE
Vanilla
UNSWEETENED



FORTIFIED WITH CALCIUM AND VITAMINS A, D & E
KEEP REFRIGERATED
HALF GALLON
(1.89L)
USDA
Parvee

SOYMILK
REAMER P



Topics

- History and concept behind the modified Atkins diet
 - Why do I call it “modified”?
- How to do it
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- **What's new in 2011?**
 - KetoCal and other new research to come

KetoCal®

- Powdered or liquid formula with slight vanilla taste
- 4:1 ratio
- 2/3 of a cup powder + 8 oz of warm water will make a ~400 kilocalorie drink
 - Can be flavored
 - Better chilled
- Can be incorporated into recipes as a flour substitute, too
- Liquid has more convenience (recent survey)



Study Protocol

- 30 children
- Open-label, prospective design
 - Modified Atkins diet - 10 grams/day
 - Supplemental 60 g/day KetoCal[®]
 - Only for the first month
- Visits at baseline, 1 month, 2 months
- Labs, rating scale, food record at each visit

- Study funded by Nutricia
- Completed September 2009
- Published February 2011 in *Journal of Child Neurology*

Results: 1-month Outcomes

- 24 (80%) with >50% seizure reduction
 - *Historical* – 37 of 64 (58%) $p=0.03$
- 11 (37%) with >90% seizure reduction
 - *Historical* – 12 of 64 (19%) $p=0.05$
- No correlation with age, seizure type, frequency
- Slight correlation with male gender ($p=0.05$)

Results: 2-month Outcomes

- 21 (70%) with >50% seizure reduction
 - *Historically – 38 of 79 (48%) $p=0.03$*
- 13 (43%) with >90% seizure reduction
 - *Historically – 15 of 79 (19%) $p=0.01$*
- 8 of 30 (27%) had >25% increase in seizures between 1st and 2nd month
 - *Historically, that occurred in 10 of 50 (20%), $p=0.39$*

Tolerability

- Rating of MAD: 7.2 / 10
- KetoCal ®
 - Rating 5.3 / 10
 - 87% drank it as shakes
 - 47% chose to restart it after the study ended

Why did it work?

- No effect on ketosis or tolerability...but....

	MAD-KC	MAD	p value
Ketogenic ratio	1.8:1	1.0:1	0.0002
Fat (grams)	195	114	0.0001
Carbohydrates (grams)	15	10	0.001
Protein (grams)	101	107	0.61
Calories	2.290	1.572	0.0008

KetoCal Ordering Information - Windows Internet Explorer

http://www.myketocal.com/order.html


File Edit View Favorites Tools Help

Windows Live ketocal What's New Profile Mail Photos Calendar MSN Share Sign In

Google ketocal Search More Sign In

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 SUMMER EDITION NOW AVAILABLE! [Click Here](#)

Product Info
Keto Stories
Ketogenic Resources
KetoCal® Recipes
Order Information

KetoCal Ordering Information



United States:

KetoCal 4:1 Liquid - Vanilla and KetoCal 4:1 and 3:1 powders can be ordered directly from Nutricia directly by calling 1-866-KETOCAL (538-6225). In order to purchase KetoCal, the patient's healthcare provider must complete a [Sample Authorization Request and Consent Form](#) and fax to Nutricia at 1-301-795-3393.

Samples of KetoCal can be requested only by your healthcare provider at 1-866-KETOCAL (538-6225).

NEW! KetoCal 4:1 Liquid - Vanilla Ordering Information

Product Code	Reimbursement Code	Packaging
118796 - Vanilla	49735-0187-96	27 x 237 mL (8 fl oz)

KetoCal 4:1 Ordering Information

Product Code	Reimbursement Code	Packaging
16670	49735-0166-70	6 x 300 g (11 oz)

KetoCal 3:1 Ordering Information

Product Code	Reimbursement Code	Packaging
16672	49735-0166-72	6 x 300 g (11 oz)

Canada:

KetoCal 4:1 Liquid - Vanilla and KetoCal 4:1 powder (Canada formulation), can be ordered directly from Nutricia by calling the Canadian office at 1-877-636-2183. In order to purchase KetoCal 4:1 Liquid - Vanilla or KetoCal 4:1 powder, the patient's healthcare provider must complete a [Sample Authorization Request and Consent Form](#) and fax to the Canadian office at 1-514-745-6625.

Samples of KetoCal can be requested only by your healthcare provider at 1-514-745-6625.

Internet
75%

BRIEF COMMUNICATION

Will seizure control improve by switching from the modified Atkins diet to the traditional ketogenic diet?

*Eric H. Kossoff, †Jennifer L. Bosarge, ‡Maria J. Miranda, §Adelheid Wiemer-Kruel,
¶Hoon Chul Kang, **Heung Dong Kim

*Neurology, The Johns Hopkins University, Baltimore, Maryland, U.S.A.; †Pediatrics, The Johns Hopkins University, Baltimore, Maryland, U.S.A.; ‡Epilepsy, Danish Epilepsy Center, Dianalund, Denmark; §Epilepsy, Epilepsiezentrum Kork, Kork, Germany; ¶Pediatrics, Pediatric Epilepsy Clinic, Severance Children's Hospital, Seoul, South Korea; and **Department of Pediatrics, Yonsei University College of Medicine, Seoul, South Korea

- 27 patients from 4 countries
 - 10 (37%) had at least 10% improvement after making the switch to the full ketogenic diet
 - 5 became seizure-free – ALL had Doose syndrome...
- If the child was not better at all with MAD...they did not get better with the KD
- Suggests the KD is a “higher dose” of dietary treatment

SHORT COMMUNICATION

A pilot study of the modified Atkins diet for Sturge–Weber syndrome

Eric H. Kossoff^{a,b,c,*}, Jennifer L. Borsage^{a,b,c}, Anne M. Comi^{a,b,c}

^a *The John M. Freeman Pediatric Epilepsy Center, Department of Neurology, Johns Hopkins Medical Institutions, Baltimore, MD, United States*

^b *The John M. Freeman Pediatric Epilepsy Center, Department of Pediatrics, Johns Hopkins Medical Institutions, Baltimore, MD, United States*

^c *The Hunter Nelson Kennedy Krieger Sturge Weber Center, Kennedy Krieger Institute, Baltimore, MD, United States*

Received 13 July 2010; received in revised form 22 August 2010; accepted 13 September 2010

Use of the modified Atkins diet for adolescents with chronic daily headache

EH Kossoff¹, J Huffman², Z Turner¹ and J Gladstein³

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Cephalalgia
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Future projects

- Expanding the use of the MAD to resource-poor countries worldwide
- Adults
 - Adults via email contact only...
- Non-epilepsy uses

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