

DIET THERAPY FOR SEIZURES

Dietary Therapy

Dietary therapies can help control various types of seizures in both children and adults when medicines alone don't work. There are four major dietary therapies used today for epilepsy. They are all low in carbohydrates (like sugar, pasta, and bread) and high in fat (like butter, oils, bacon, and avocados).



Types of Diets to Treat Seizures

- Ketogenic Diet (KD)
- Medium-Chain Triglyceride (MCT) Diet
- Modified Atkins Diet (MAD)
- Low Glycemic Index Diet (LGID)

Ketogenic Diet

The Keto Diet is very high in fat and very low in protein and carbohydrates. It is designed to make the body burn fat instead of carbohydrates as the main source of energy. The body will go into ketosis as a sign that fat is being burned, and this can be detected in the urine of those on the diet. This diet is often restricted to a small number of calories each day and strict amounts of fat, proteins, and carbohydrates.

Medium-Chain Triglyceride (MCT) Diet

The MCT Diet is often used to supplement the Keto Diet by adding a specific type of fat called MCT. MCTs are smaller than most fats and easier to digest. They get absorbed into the blood quickly and turn the oil into usable energy. This diet adds MCT oil to supplement the fats consumed during the Keto Diet.

Modified Atkins Diet (MAD)

This diet, like the Keto Diet, is very high in fat and very low in protein and carbohydrates. It is less restrictive than the Keto Diet and allows for more calories and a wider variety of foods. With the MAD, foods are not weighed and measured as in the Keto Diet, and the amounts of fats, proteins, and carbohydrates are less restricted.

Low Glycemic Index Diet (LGID)

The LGID is an alternative to the Keto Diet and limits the type of carbohydrates a person can eat. This diet focuses on eating carbohydrates with a Low Glycemic Index, a measurement of how a food raises blood sugar. Low Glycemic Index foods (e.g., whole grain breads and berries) do not raise blood sugar as dramatically as those with a High Glycemic Index (e.g., candy and chips).

More about Keto



More about MCT



More about MAD



More about LGID



MORE GREAT RESOURCES



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