



Carbohydrates

The ketogenic diet is very low in carbohydrate. Many foods and beverages contain carbohydrate. Your child's dietitian will explain what foods and beverages your child can have. Many non-food items also contain carbohydrate. This includes items such as toothpaste, vitamins, medicines, candy and gum. You must check the carbohydrate content of everything your child puts in his mouth.

Look for these words on labels. They are all carbohydrates. If possible, do not use items that contain any of these ingredients. If an item must be used, the carbohydrate content must be included in the diet calculations. Please contact your doctor or dietitian if your child needs to take something that may have a carbohydrate in it.

- Cane sugar
- Cereal
- Corn starch
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Dextrin
- Dextrose
- Disaccharide
- Flour
- Fructose
- Fruit extract
- Galactose
- Glucose
- Glycerin
- Glycerine
- Glycerol
- High fructose corn syrup
- Hydrogenated starch hydrolysate
- Invert syrup
- Lactose
- Levulose
- Malt sugar
- Maltodextrin
- Maltose
- Mannitol
- Mannose
- Molasses
- Monosaccharide
- Polydextrose
- Polysaccharide
- Sorbitol
- Sorghum
- Starch
- Sucrose
- Sugar
- Sugarcane
- Syrup
- Xylitol
- Xylose