

My Ketocal[®] Activity Book



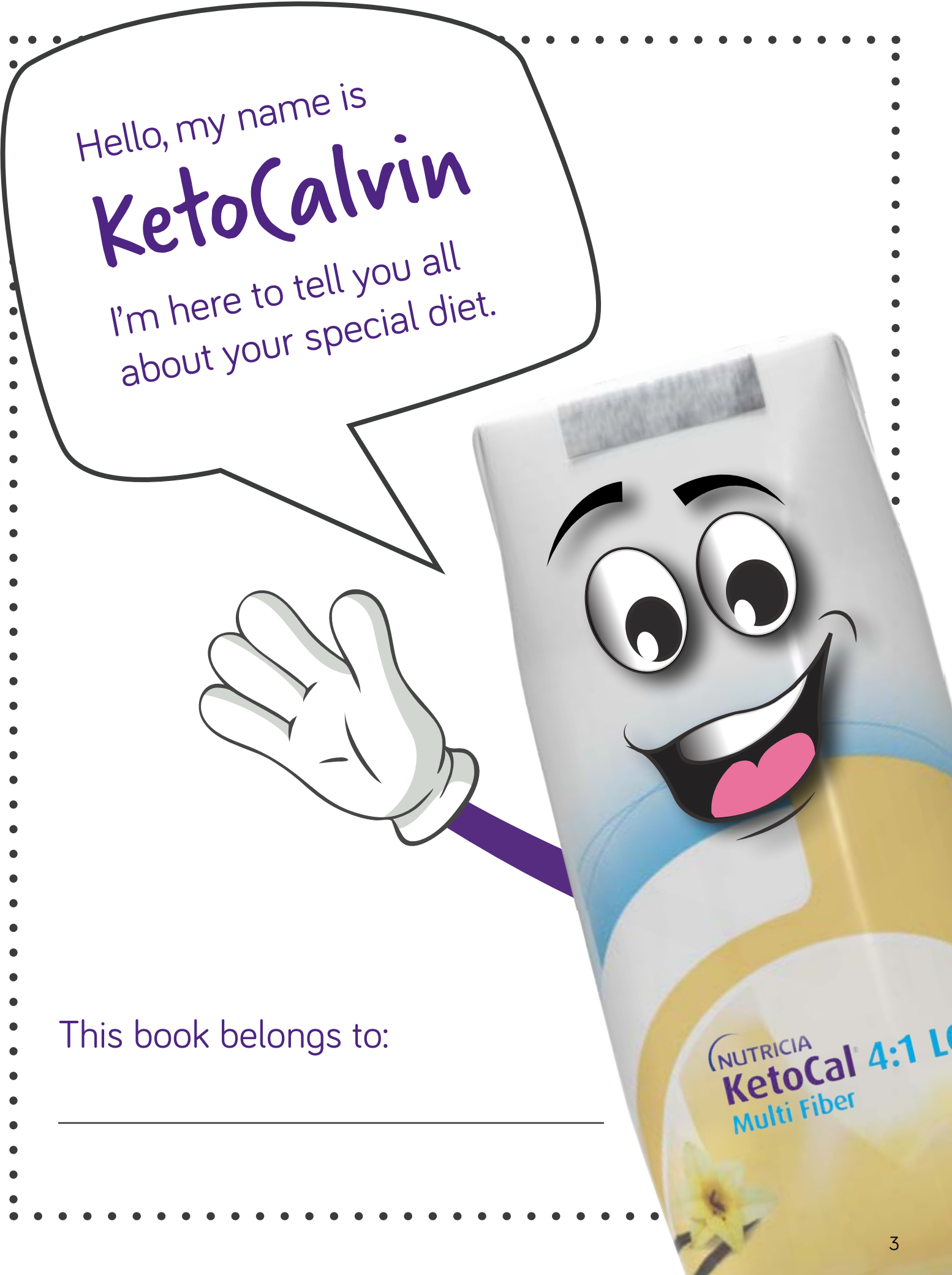
Dear Families,

This book has been created to help make learning about the medical ketogenic diet for epilepsy fun. Inside you will find educational activities for school-aged children to help teach the basics of a medical ketogenic diet and enjoy KetoCal®.

We hope you like the My KetoCal Activity Book.

Sincerely,

Your friends at Nutricia North America



This book belongs to:

“Keto-gen-ic”

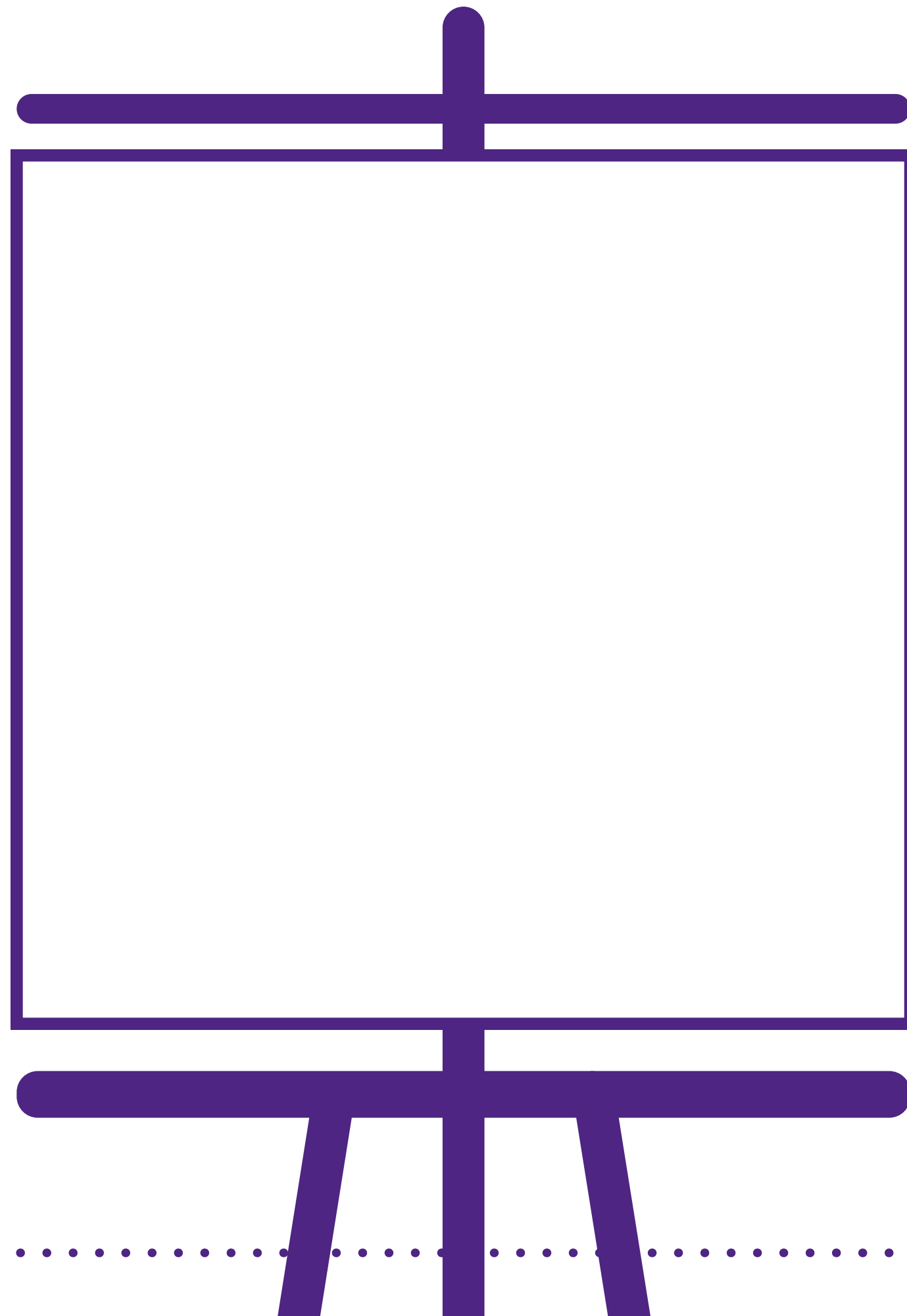
is a really big word.



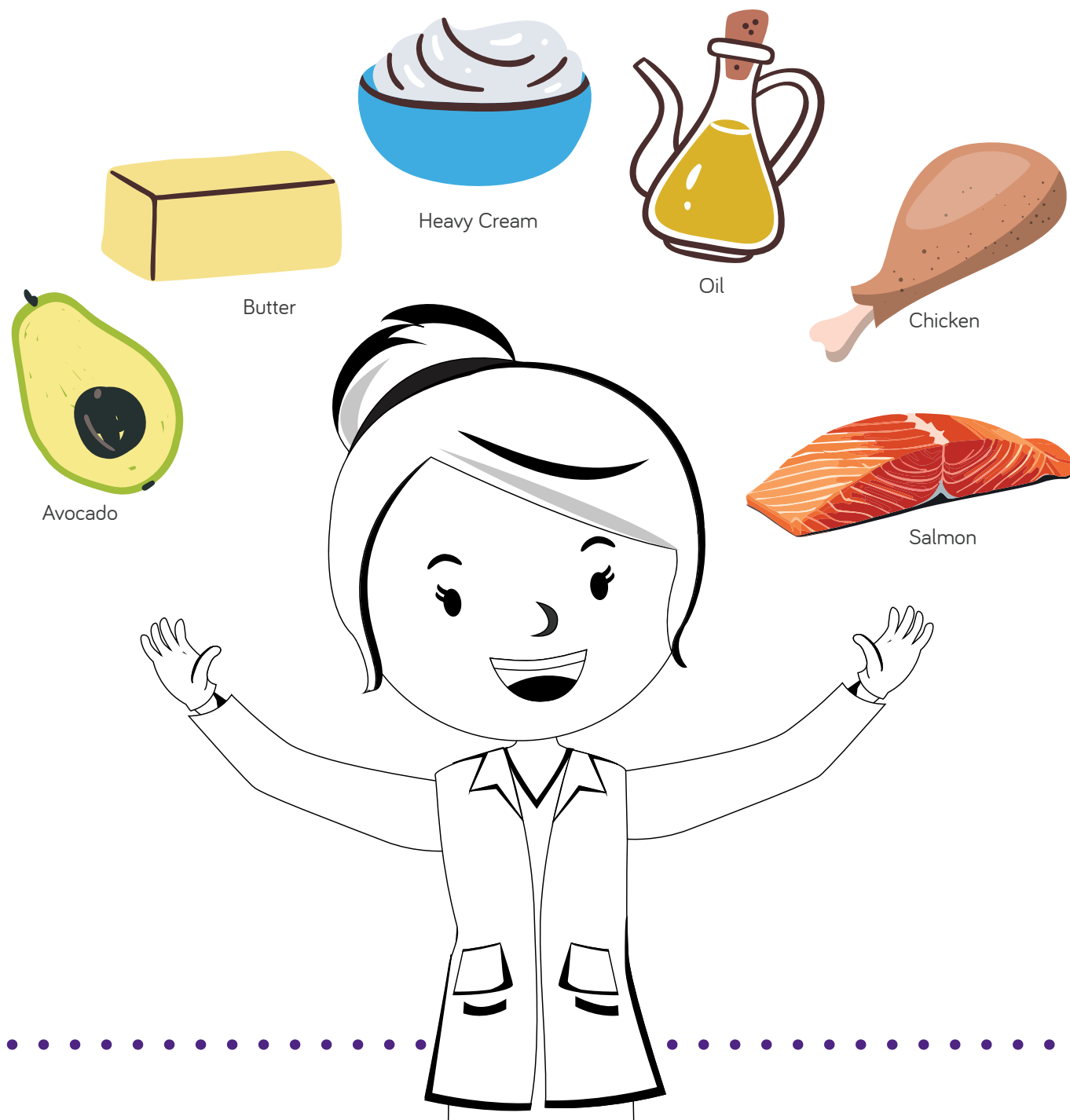
A medical ketogenic diet
can help you have **fewer**
seizures and sometimes
no seizures at all!



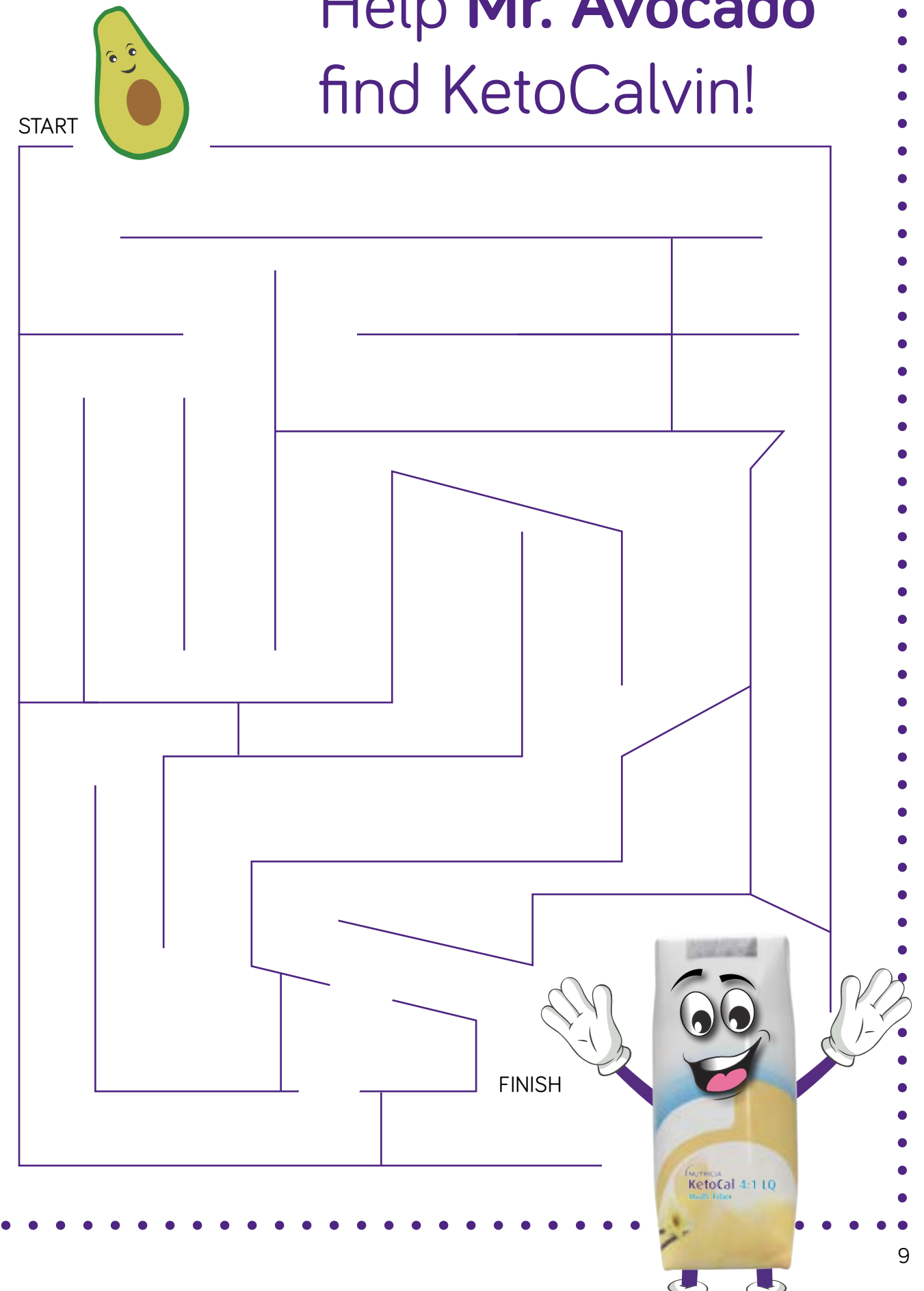
I like to draw. Can
you draw a picture
of you and me?



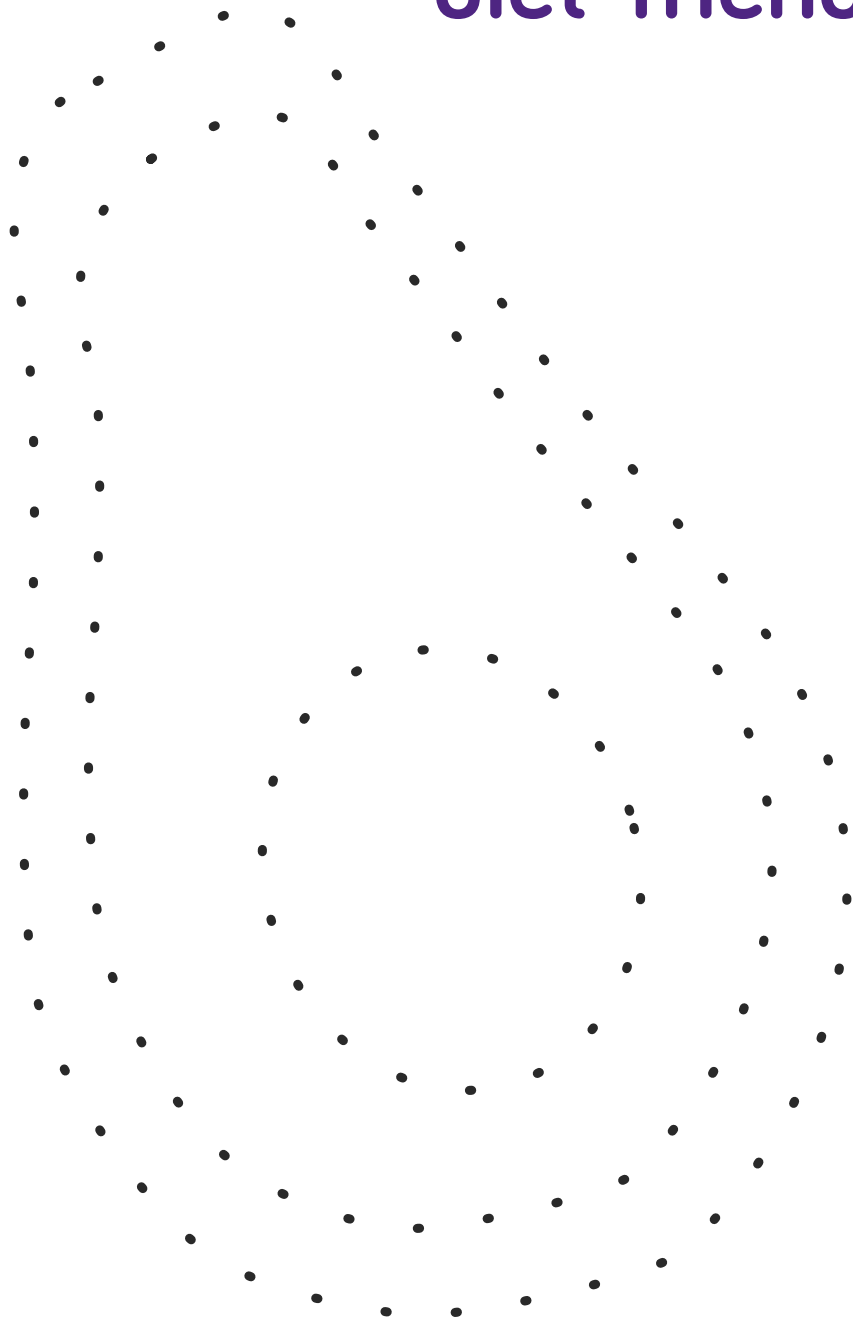
Your dietitian can help you follow a special diet, high in fat, to help manage seizures.



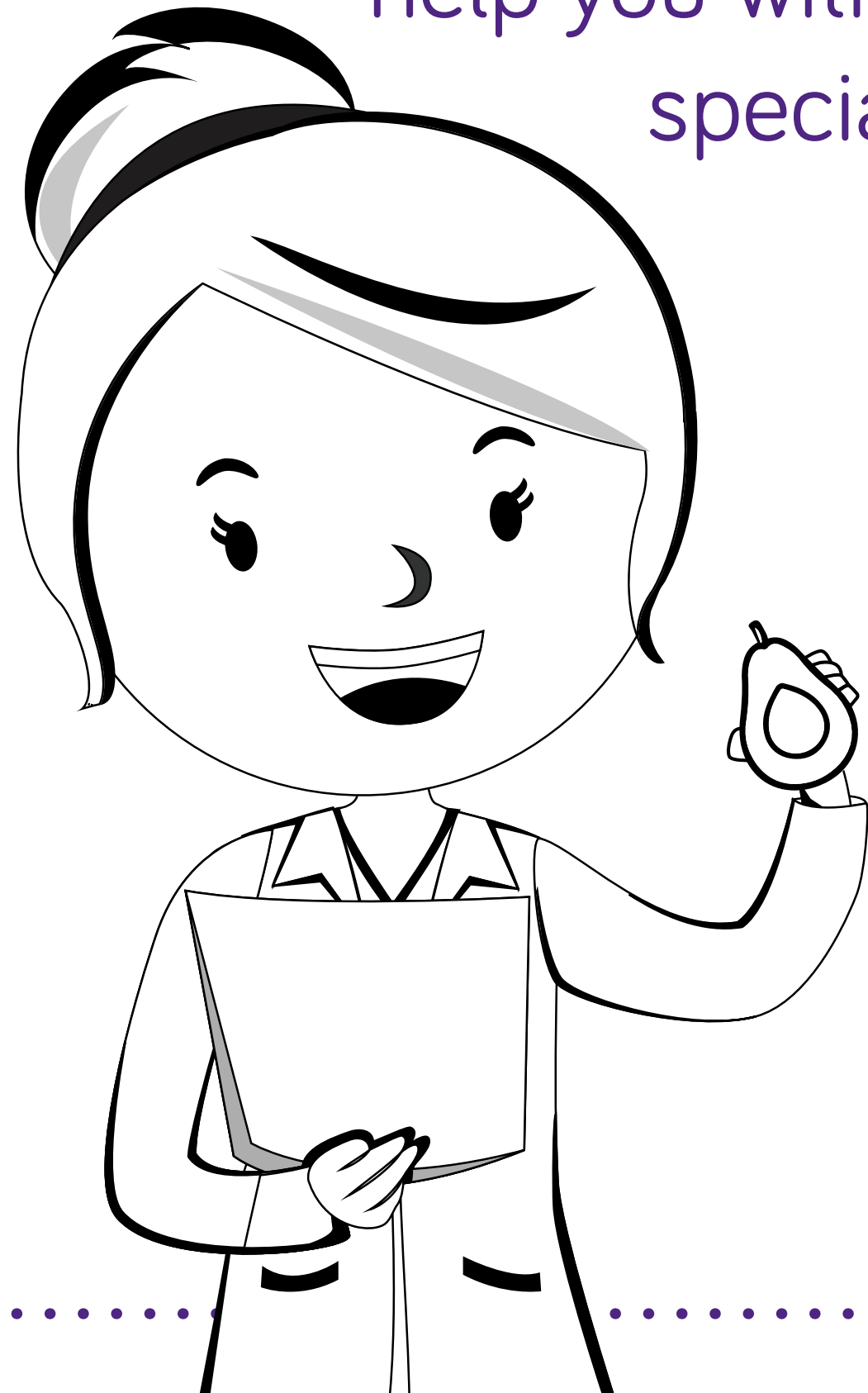
Help Mr. Avocado find KetoCalvin!



Connect the dots
to find a **ketogenic**
diet-friendly fruit.



A **DIETITIAN** can
help you with your
special diet





Find some words that describe me and your special diet.

K	A	D	V	W	E	V	C	K
G	E	K	K	K	L	S	H	S
L	Y	T	K	I	D	F	O	L
X	V	E	O	P	L	Q	C	N
L	K	C	B	C	K	W	O	E
H	I	G	H	F	A	T	L	R
C	E	B	Z	A	K	L	A	K
C	R	E	A	M	H	K	T	E
O	Y	Z	K	W	P	U	E	P
T	E	C	H	K	O	E	P	I
P	D	K	O	K	W	T	L	L
L	I	Q	U	I	D	K	K	E
A	E	V	O	Q	E	W	A	P
I	T	L	C	W	R	H	V	S
N	I	G	B	V	K	V	O	Y
K	T	D	Z	Y	Q	R	C	K
E	I	K	F	Z	W	K	A	E
V	A	N	I	L	L	A	D	K
Y	N	J	K	P	I	K	O	I

KetoCal
High Fat
Powder

Liquid
Avocado
Epilepsy

Dietitian
Chocolate
Vanilla

Plain
Oil
Cream

I come from a family of
SUPERHEROES.

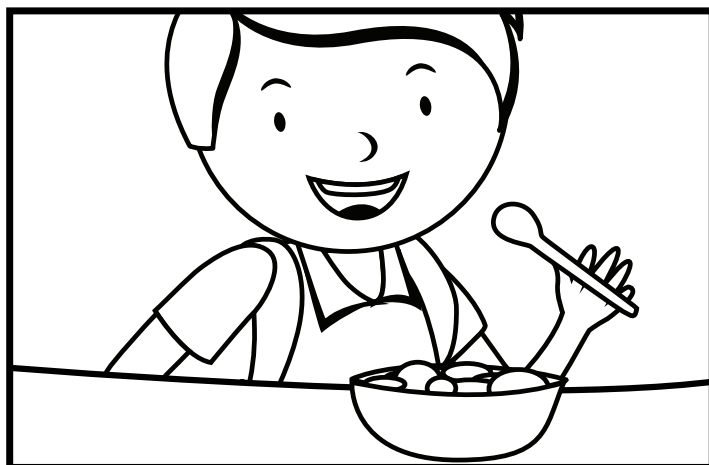
WE HELP GIVE KIDS
ON A KETO DIET ALL
THE NUTRIENTS THEY
NEED TO BE STRONG.



There are many ways
to include **KETOCAL[®]**
IN YOUR DIET

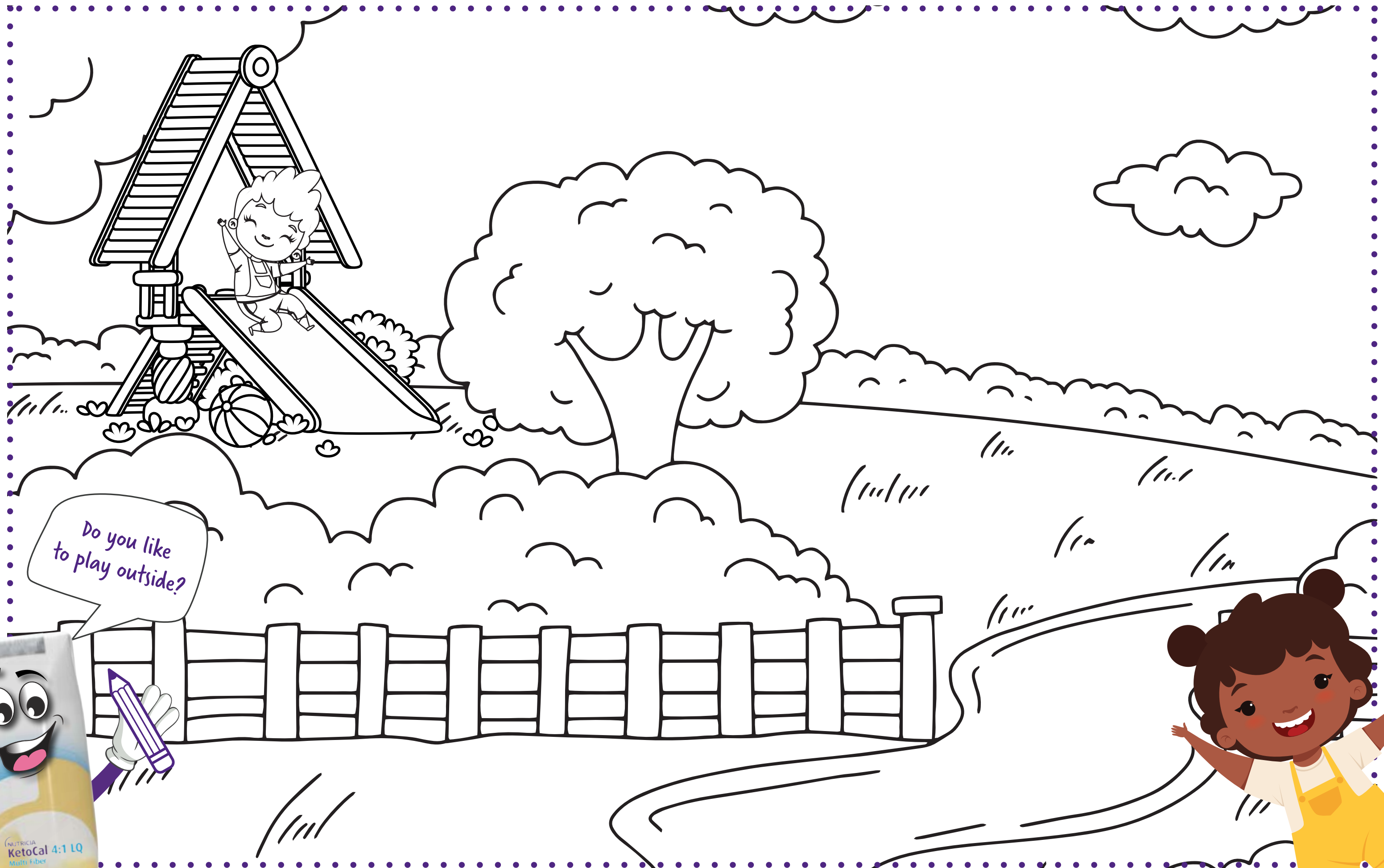


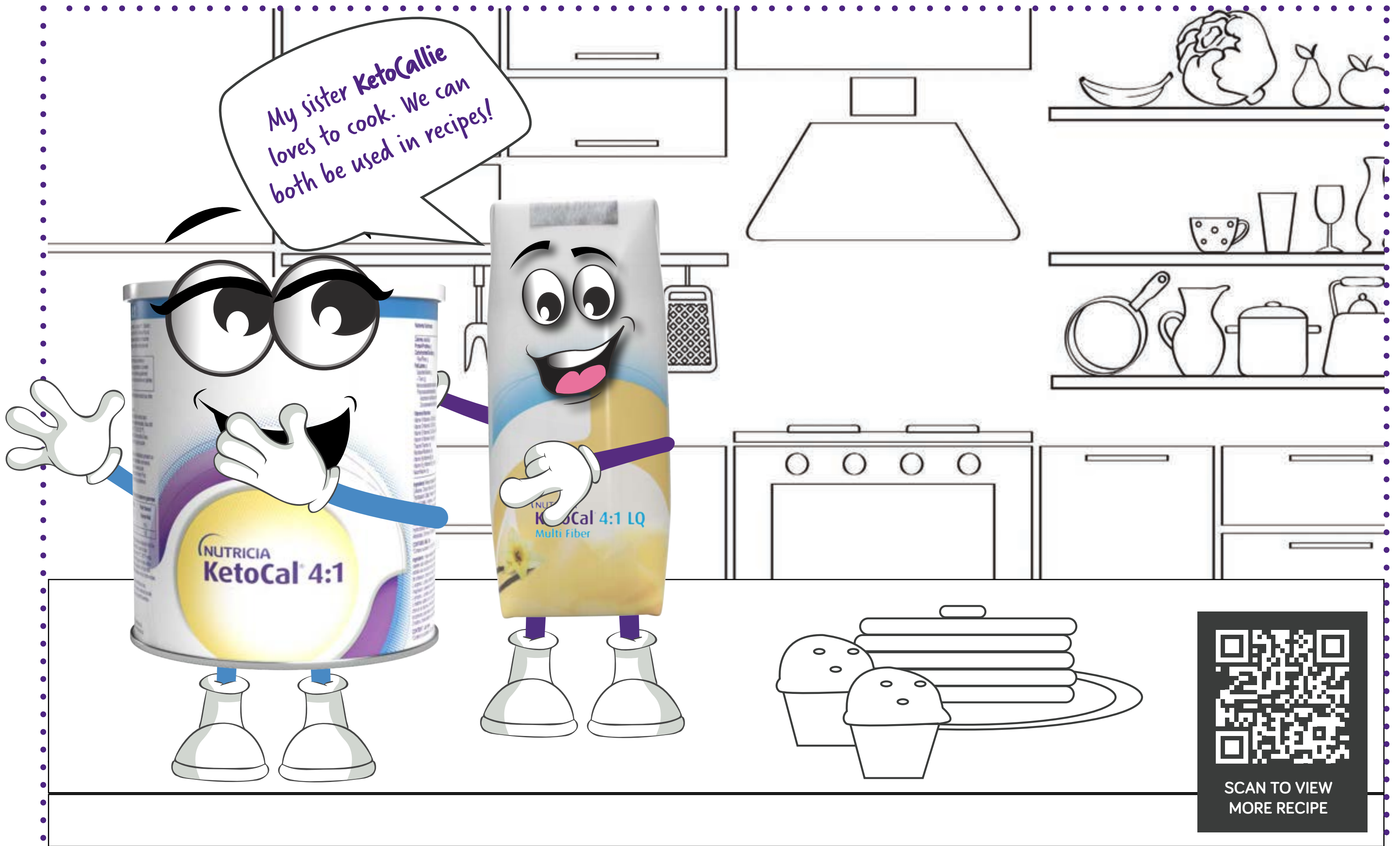
As a drink

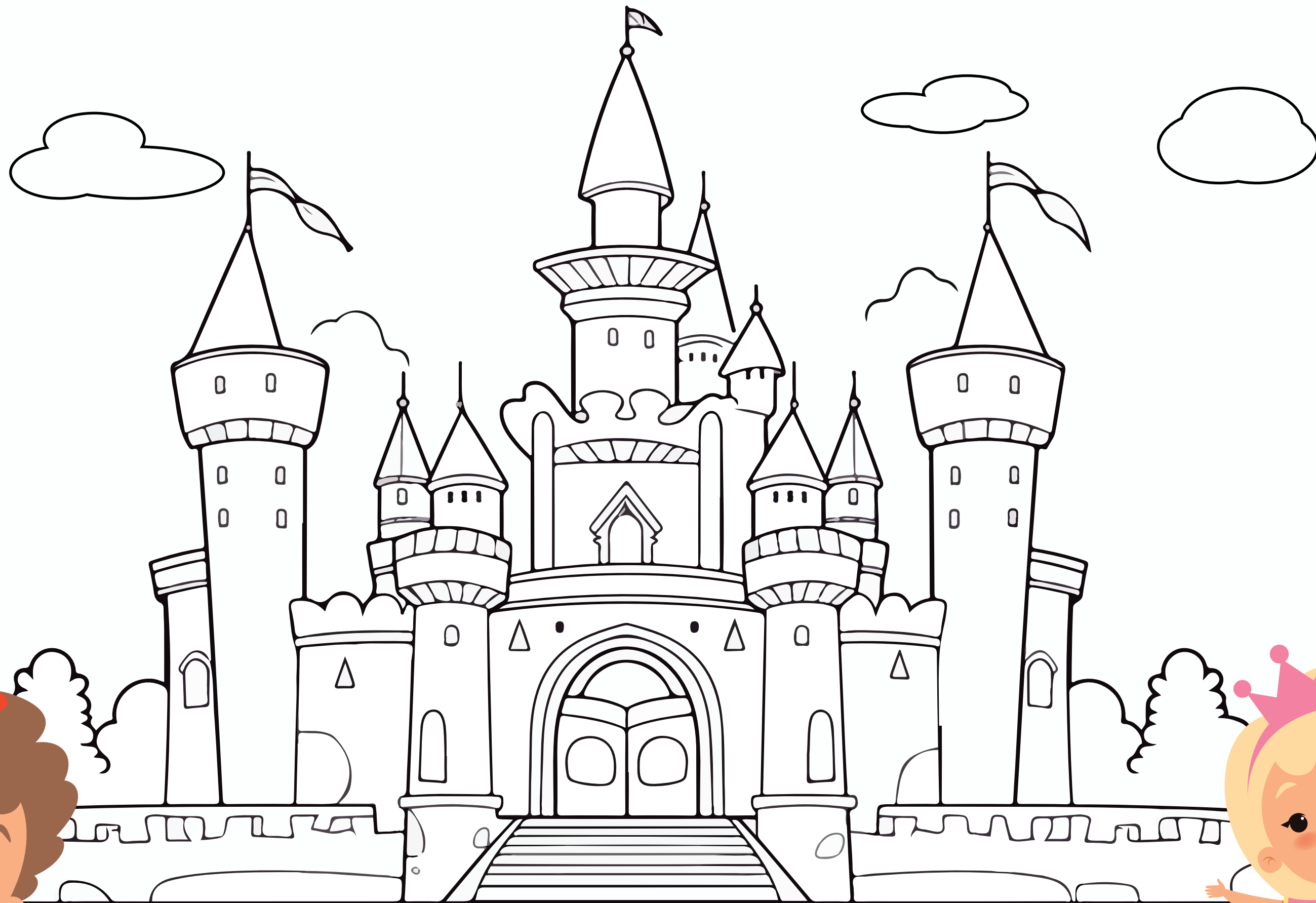


In a recipe



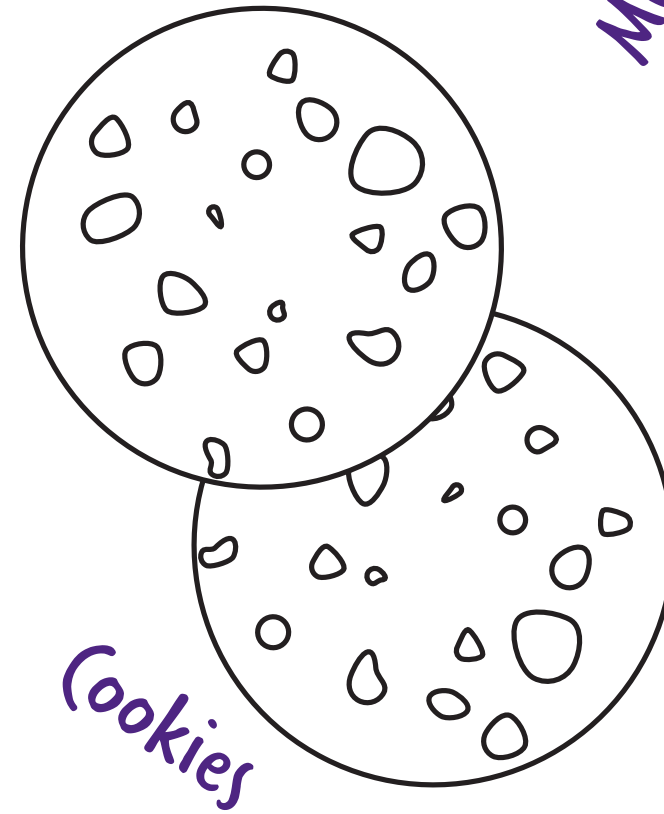




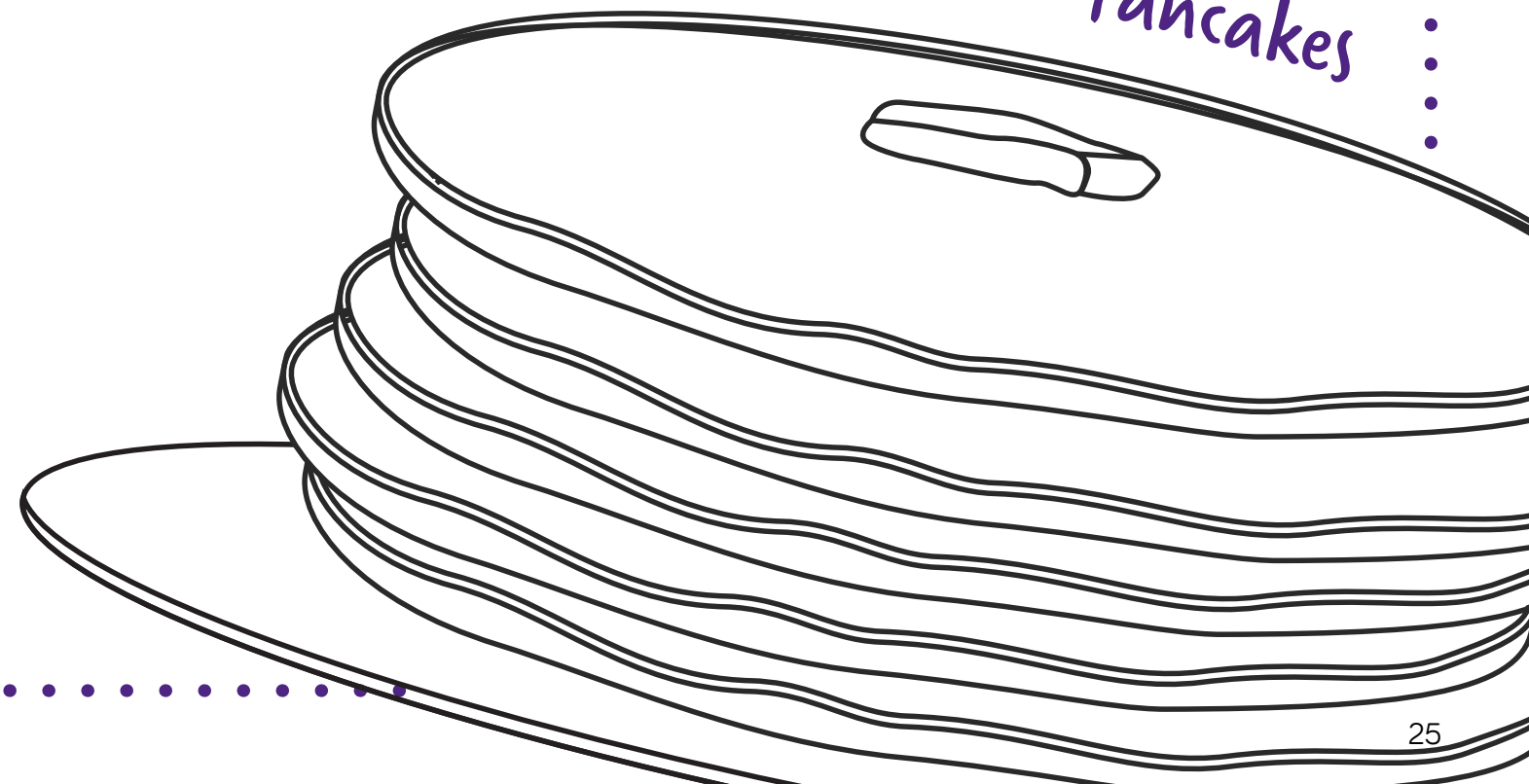
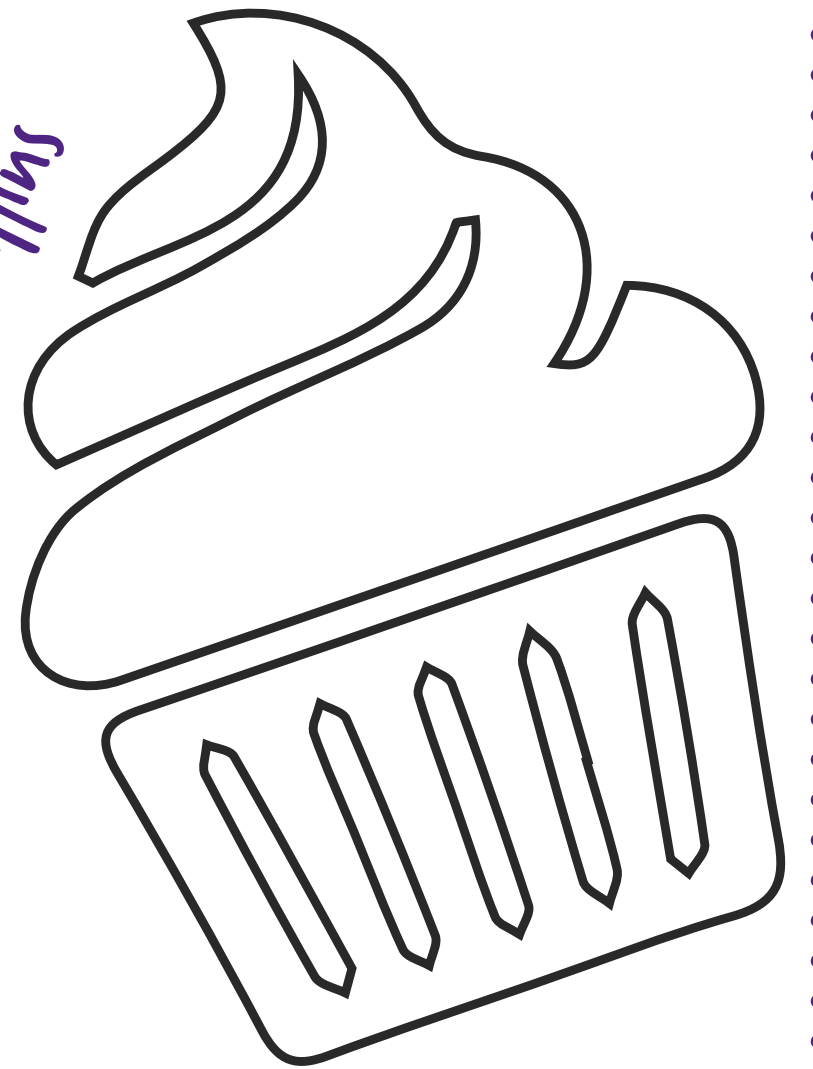


COOKING

— WITH KETO CAL[®] —



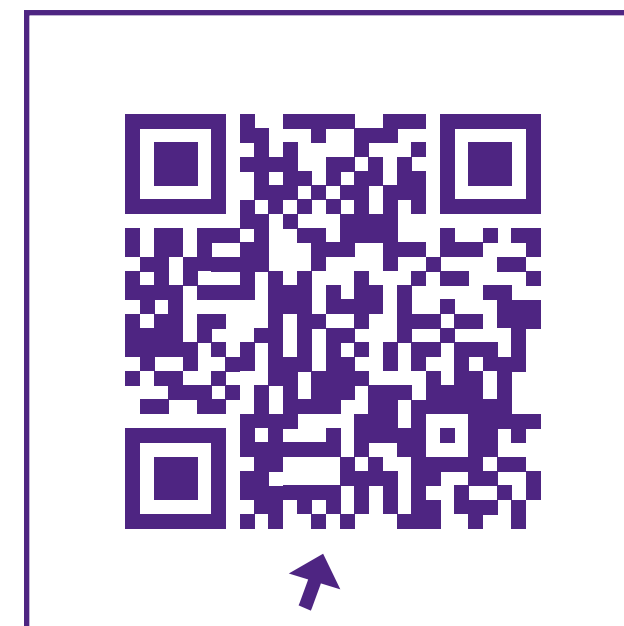
Muffins



Can you spot all
5 DIFFERENCES?

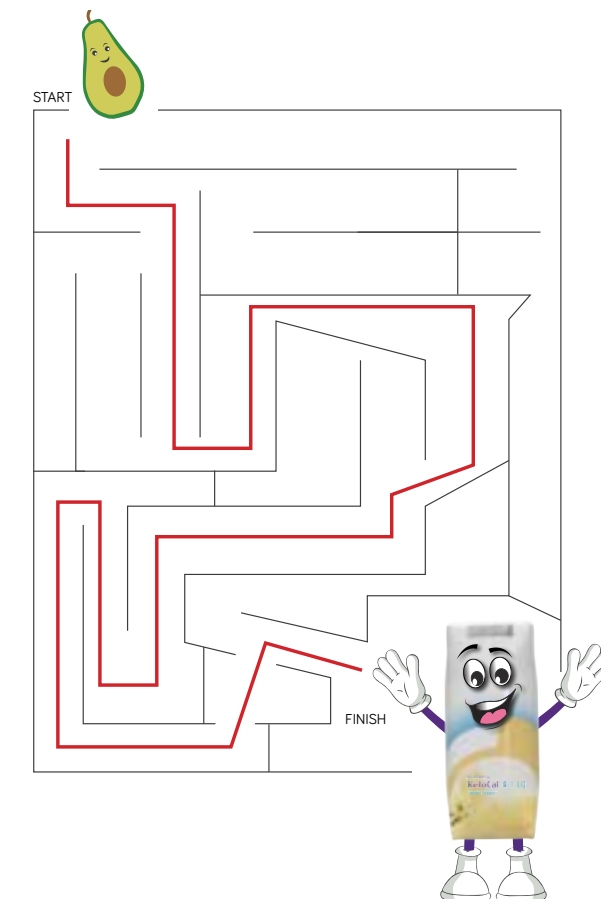
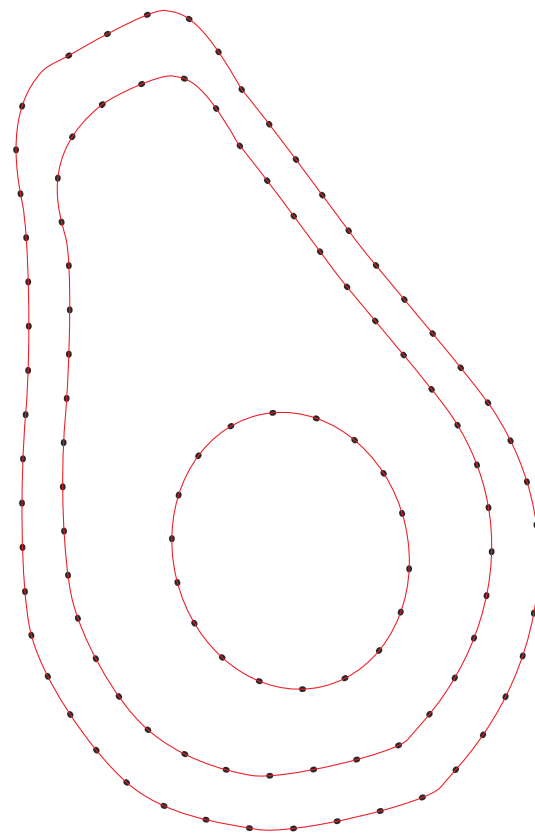
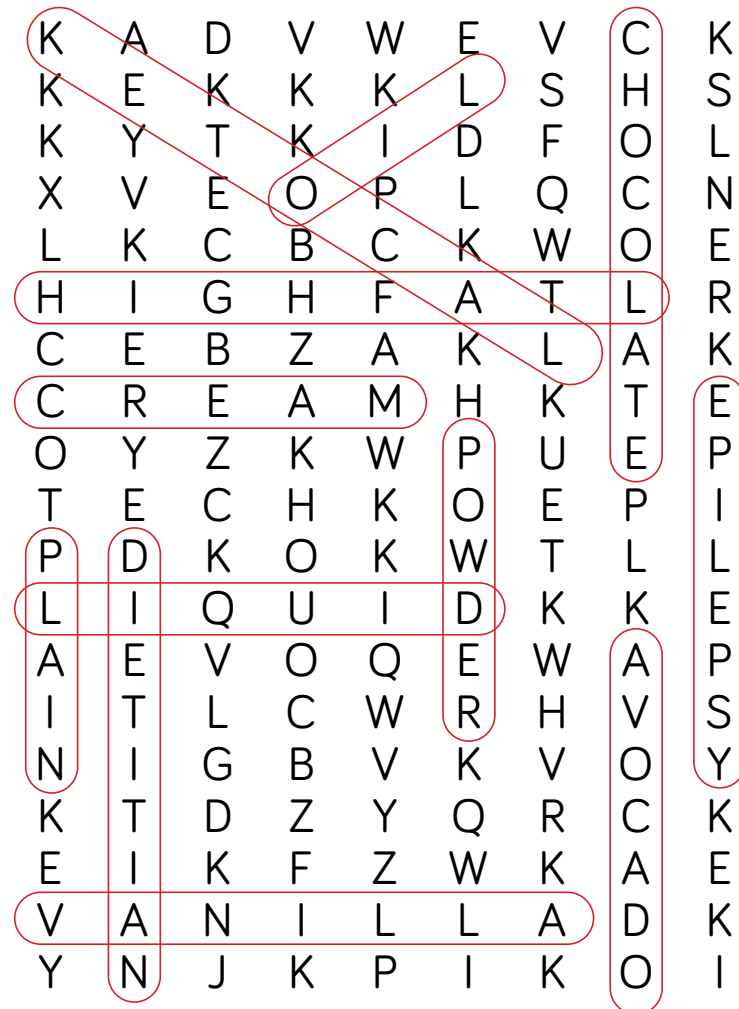


BE A KETO
SUPER HERO
LIKE ME!



Scan QR code to request a
Keto Hero Kit at **MyKetoCal.com**
and Post Your Picture!

ANSWERS



NUTRICIA KetoCal®

No matter how you take KetoCal®, our goal is to help make following the medical ketogenic diet easier.



To learn more or request a sample, visit
myKetoCal.com

Brought to you by Nutricia North America.

KetoCal® and Liquigen® are medical foods for the dietary management of drug-resistant epilepsy and are intended for use under medical supervision.

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