


**Department** : Nutrition and Dietetics (PG Food Science and Nutrition)  
**Activity** : Webinar  
**Date** : February 27, 2021  
**Title of the activity** : Ketogenic Diets for epilepsy  
**Industry / Resource Person** : Dhanashri Khedkar Kale, Clinical & Research Dietician, Specialised in Ketogenic therapies in Epilepsy , Other neurological disorders , weight loss and Certified Nutrigenomic Counsellor  
**Brief Report** : The webinar was organised for PG Food science of nutrition students with the objective of planning ketogenic diets for epilepsy. The key points discussed includes calculation of ketogenic diets, planning diets with case studies. The FAD ketogenic diets vs Therapeutic ketogenic diets were discussed. The students gained knowledge on history of ketogenic diet, the pyramid, ratios of fatty acids. Planning of ketogenic recipes with available ingredients both commercially and locally was discussed. The session was concluded with the speaker sharing success stories of the clients she had counselled.


**Number of Participants** : 33



**MOUNT CARMEL COLLEGE, AUTONOMOUS**  
**DEPARTMENT OF NUTRITION & DIETETICS**

INVITES YOU FOR  
 A ONE-DAY WORKSHOP ON

**KETOGENIC DIETS FOR EPILEPSY**



**Dhanashri Khedkar Kale**  
 Clinical and Research Dietician

Topics to be Covered

- Introduction to Ketogenic diet (KD), types & applications
- Fad KD v Therapeutic KD
- Introduction to Epilepsy
- Metabolism of KD in Epilepsy
- Phases of KD
- Calculation of KD and recipes
- Keto recipes discussion
- Case study discussion

Date: February 27, 2021
Time: 8:00 am to 10:30 am & 11:00 am to 1:30 pm

MS Teams link will be shared with the participants

