

Kai, Carlo and the KETOGENIC ADVENTURE



Carlo's Drug Resistant Epilepsy (DRE) means that, after trying lots of medical treatments, he needs a ketogenic diet to help control his seizures.

Join Kai and Carlo to learn all about the medically-managed ketogenic diet!

Far away, but closer than you might think, there is a place called the **Keto Klub House**.

It sits on a green hill in Keto Land.

From there, the Keto Klub can see their friends who need a special diet of yummy foods, making sure they're happy.



One day, they got a **Keto alert!**

Look, everyone!
The dietitian says Carlo needs a ketogenic diet... but he doesn't know what that is.
Let's help him learn!





...they cheered as a magical door opened. Kai ran through to help Carlo.

I'm Kai and I'm here to help you learn all about your medically-managed ketogenic diet. I'll help you choose foods that can keep you healthy.



The ketogenic diet is a special medical diet that helps keep your brain calm and healthy. It can make seizures shorter and make them happen less often.

Your keto team will show you and your parents and helpers which foods you can eat every day. The best foods to choose are ones high in fats and low in sugar and starch (carbs)... like these ones!

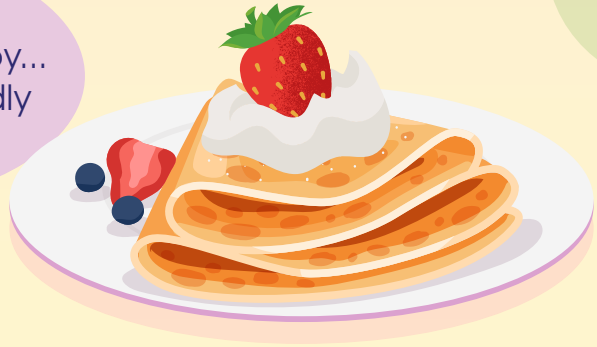


When your body uses fats instead of carbs, it changes the way your body gets energy and can help it to work better when you have epilepsy.

It can take a while for the keto diet to work and that's okay – your keto team will help you along the way.



There are lots of yummy things to enjoy... like these keto-friendly pancakes!



Ask a parent or helper to scan here for the recipe.



Well done, Carlo! It's important to stick to your keto-friendly food to stay strong and healthy.

They were so tasty!



What if I don't feel well?

Make sure you tell your parent, helper or keto team if you ever...



can't poo

poo too much

feel tired

have a tummy ache

don't feel hungry

feel unwell



I know what keto-friendly foods are, but what foods are **not** keto-friendly?

That's a great question Carlo! You should avoid foods that are sugary or starchy, like these...



chips



rice



crisps



pasta



some fruits



cereals



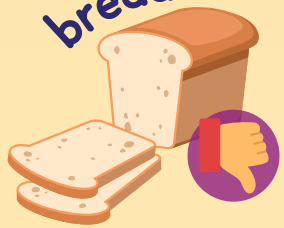
sweets



chocolate



bread



Thank you for helping me, Kai!

I must return to the Keto Klub House now, in case other keto friends need our help. But you are part of the **Keto Klub** now.



So if you're ever worried again, call out **'Keto Klub Go'** and talk to your family or your keto team...

KETO KLUB GO!

– we'll all be there to help!





My Ketogenic Diet

Explore more keto resources

Scan me!

myketogenicdiet.co.uk

Kai, Carlo and the Ketogenic Adventure

is a gentle, reassuring story designed to help young children understand the medically-managed ketogenic diet for drug-resistant epilepsy.

Through colourful characters and simple explanations, children learn why their food may look different, how the ketogenic diet helps their body, and that their medical team and carers are there to support them every step of the way.

Written to be read together, this book encourages curiosity, confidence, and a sense of belonging, helping children feel supported as they begin their ketogenic journey.



For further information, speak to your healthcare professional.
Developed and funded by Vitaflo®, in collaboration with Victoria Whiteley (Advanced Clinical Practitioner in Ketogenic Therapies) and Sally Willis (Clinical Psychologist).

KASB-0526-V1 – June 2026

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