

PLEASE HAVE YOUR PHYSICIAN READ THIS MEMO

SIGNIFICANT CHANGES IN DIET

Your patient wishes to follow a ketogenic diet using our online service. We have informed her/him of the associated risks and asked for your consent:

"The ketogenic diet involves drastic dietary changes that can induce serious side effects depending on one's health. If you have health problems or if you take medications (e.g., insulin) for diabetes, have your doctor read this note before starting on the diet. If you are taking medication, you should also inform your pharmacist. Finally, if you are being monitored by a medical clinic for your diabetes, please arrange with the nurse for your follow-ups."

KETOGENIC DIET

Our service offers weekly menus that contain an average of 20 g net carbohydrates per day. The purpose of this type of low carbohydrate diet is to induce a state of ketosis in the body that causes weight loss and lowers blood sugar. Our meal plans are created by Registered Dietitians who are members of the OPDQ (College of Dietitians of Quebec), with the aim of minimizing the risks associated with the ketogenic diet. The distribution of macronutrients is: 70% of the energy consumed comes from lipids, 20% comes from proteins and less than 10% comes from carbohydrates.

RISKS ASSOCIATED TO A KETOGENIC DIET

The most common risks associated with adopting a ketogenic diet are: constipation, hypoglycemia and deficiencies in Group B vitamins, calcium, magnesium and vitamin D.

RISK MITIGATION

We take care to include in our menus ~ 6 servings /day of vegetables (mostly green) to minimize nutritional deficiencies, and to ensure 15 to 22 g /day of dietary fiber to prevent constipation. As for fats, we prioritize "good" fats (olive oil, nuts, avocado, fatty fish). We include cured meats very rarely. In addition to following our ketogenic meal plans, subscribers also benefit from ongoing online nutritional coaching, in a private support group on Facebook, moderated by our Registered Dietitians.

MEDICAL MONITORING

SOSCuisine.com does not offer any monitoring of a medical nature. It is up to the patient's physician to prescribe blood tests and eventual other examinations, to prescribe or un prescribe medications, according to his/her judgment and experience with the patient.

ABOUT SOSCUISINE.COM

SOSCuisine.com is an online nutritional therapy service for people with specific nutritional needs. Our personalized meal plans are an effective tool for primary, secondary and tertiary prevention, for many medical and non-medical conditions. They are evidence-based and constantly updated by our team of Registered Dietitians. Our services are recommended by doctors and dietitians alike.