

PROTEIN SNACKS

clean eating



rice cake
complex carbs, fiber



nut butter
protein, healthy fats



banana
simple carbs, fiber, potassium



almonds
protein, healthy fats, fiber, vitamin E, magnesium



dried apricots
simple carbs, fiber, iron



smoked salmon/lox
protein, healthy fats, omega 3s



cucumber
fiber, hydration, vitamins, minerals



pretzels
simple carbs, sodium



jerky
protein, healthy fats, b vitamins, iron



boiled eggs
protein, healthy fats, vitamin d, minerals



sourdough
complex carbs, probiotics



apple
simple carbs, fiber, vitamin C



nut butter
protein, healthy fats



greek yogurt
protein, healthy fats, calcium



mixed berries
simple carbs, fiber, antioxidants



carrots & cucumber
fiber, antioxidants, hydration, vitamins, minerals



hummus
protein, fiber, healthy fats



string cheese
protein, healthy fats, calcium



grapes
simple carbs, fiber, antioxidants



turkey slices
protein, b vitamins, iron, selenium, zinc, phosphorus



seed crackers
protein, fiber, healthy fats

Protein Snacks Comparison Tips

**Mackenzie C. Cervenka, Sarah
Doerrer, Bobbie J. Barron, Eric
Kossoff, Zahava Turner**

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Written for parents patients dietitians neurologists and individuals embarking on ketogenic diets for any purpose Ketogenic Diet Therapies brings a patient centered approach to answering common questions related to the ketogenic modified Atkins and related therapeutic diets With useful tips and information throughout chapters cover diet selection provide sample meal plans and recipes offer guidance on how to connect with local and worldwide resources and much more to ensure success Revised and thoroughly updated this edition reflects the latest pediatric and adult ketogenic recommendations with expanded sections throughout New chapters have been added to address areas of growing importance and popularity such as the new modified ketogenic diet the gut microbiome infants and the diet using diets for adults exogenous ketones and diets for conditions other than epilepsy with additional coverage of diabetes and obesity As the go to text on ketogenic diets over the course of seven editions this book continues its mission of preparing patients families and professionals for the ketogenic journey ahead This essential book will help you Understand how to start and use any of the five major ketogenic diets Fine tune the diets to meet individual needs Develop and prepare tasty and healthy ketogenic meals Navigate the real world of school family and friends with confidence Learn about the latest research on the diet for use in infants children and adults

The Ketogenic and Modified Atkins Diets, 6th Edition Mackenzie C. Cervenka, Sarah Doerrer, Bobbie J. Barron, Eric Kossoff, Zahava Turner, 2016-03-21 Now in its sixth edition The Ketogenic and Modified Atkins Diets is the established authoritative book on these groundbreaking epilepsy treatments Written for parents patients dieticians and neurologists this book is an invaluable resource for anyone considering or starting a ketogenic diet for epilepsy or another neurologic disorder Written by doctors dieticians and a pediatric nurse practitioner from the Johns Hopkins Hospital's Ketogenic Diet Center along with several other experts in the field this book's patient centered content contains answers to almost any question related to the ketogenic and modified Atkins diets for children and adults Chapters cover implementation recipes fine tuning the diets connecting with support groups the latest research on the effectiveness of the diets and much more The sixth edition has been thoroughly revised and updated to reflect current advances and applications Two entirely new sections are devoted to the use of ketogenic diets for epilepsy in adults and diets that can help alleviate the symptoms of other conditions such as cancer dementia autism and migraines Coverage of the modified Atkins diet is significantly expanded to reflect the growing popularity of this less restrictive diet Neatly organized into nine sections this essential book will help you Understand how the ketogenic and modified Atkins diets work Prepare for the lifestyle changes involved in following these diets Start maintain fine tune and eventually stop the diet Develop tasty and healthy ketogenic meals Connect with local and worldwide resources for epilepsy related issues Understand the latest research about the diet for use in kids and adults Navigate the non keto world schools family friends with confidence It will end up being the most well read book you own and every keto home should have one My copy went everywhere with me when Matthew was on the diet and I can't recommend it highly enough Emma Williams CEO Founder Matthew's Friends Charity Dietary Treatments for Epilepsy GLOBAL Director

Matthew s Friends Clinics Ltd for Ketogenic Dietary Therapies If we had had the information in this book fifteen months earlier a vast majority of Charlie s 100 000 of medical surgical and drug treatment would not have been necessary a vast majority of Charlie s seizures would not have occurred From the Foreword by Jim Abrahams Director The Charlie Foundation to Help Cure Pediatric Epilepsy **Catalog. Supplement** Food and Nutrition Information and Educational Materials Center (U.S.),1975

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