

Ketogenic Diet Resources

These resources will provide you with more information about epilepsy and the ketogenic diet.

Gillette Children's Specialty Healthcare Ketogenic Diet Team

This team includes pediatric neurologists, pediatricians, dieticians, and nurses who are experts in caring for children with epilepsy who are on the ketogenic diet.

The Charlie Foundation

www.charlifoundation.org

The foundation raises awareness about the ketogenic diet as a treatment for childhood epilepsy by educating professionals and informing families about the diet. The parents of a child whose epilepsy was controlled after going on the ketogenic diet started the foundation.

Epilepsy Therapy Project

[Epilepsy therapy project](http://www.epilepsytherapyproject.org) provides financial support and scientific direction to make new therapies available for patients. Their key programs include epilepsy.com and Professionals and the Epilepsy Study Consortium at www.epilepsyconsortium.org.

Citizens United for Research in Epilepsy (CURE)

www.cureepilepsy.org

This nonprofit organization raises funds for research to find a cure for epilepsy and increases awareness of the prevalence and devastation of the disease.

Glycemic Index

www.glycemicindex.com

The glycemic index ranks carbohydrate foods based on how they affect your blood sugar. This website provides information about the glycemic index, glycemic diets, and glycemic foods and recipes.

[Make An Appointment](#) [651-290-8707](tel:651-290-8707) [Refer a Patient](#) [651-325-2200](tel:651-325-2200)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).