

## Quick Comparison of Dietary Treatments (UK Adaption)

January 2010

| Questions   | Classical Diet   | MCT Keto Diet   | Low Glycemic Index                          | Modified Atkins  |
|---|--|---|---|--|
| Is Medical Supervision Required?                                    | Yes  | Yes   | Yes   | Yes  |
| Is Diet High in Fat?  | Yes  | Yes   | Yes   | Yes  |
| Is Diet Low in Carbohydrate?  | Yes  | Yes   | Yes   | Yes  |
| What is the Ratio or percentage of fat to Carbohydrate and Protein? | 4:1, 3:1, 2:1, 1:1   | Approximately 50% of daily calories to come from MCT Fat. | Approximately 1:1                           | Approximately 1:1  |
| How Much Carbohydrate is allowed on a 1000 calorie diet?            | 8g carb on a 4:1<br>16g carb on 3:1<br>30g carb on 2:1<br>40-60g carb on a 1:1 | Approximately 30-50g                                      | 40-60g                                      | 10-40g depending on the level your dietitian sets.           |
| Are All Foods Weighed or measured?                                  | Yes  | Yes   | Can be weighed or estimated on portion size | Carbs weighed or measured.<br>Fat allowance may be measured. |
| Are meal plans used?  | Yes  | Yes   | Optional                                    | Optional   |
| Where is the diet started?  | Home or Hospital   | Home or Hospital  | Home  | Home   |
| Are Calories Controlled?  | Yes  | Yes   | Yes   | No   |
| Are Vitamin and Mineral Supplements Required?                       | Yes  | Yes   | Yes   | Yes  |
| Are Fluids Restricted?  | No   | No  | No  | No   |
| Is Pre-diet laboratory evaluation required?                         | Yes  | Yes   | Yes   | Yes  |
| Can there be side effects?  | Yes  | Yes   | Yes   | Yes  |