

A
Parents
Guide
To
EKM
(Ketogenic
Calculator)™



Introduction

This document is intended to give a basic introduction to EKM, adding products and meals. It was written by a parent and is not therefore officially associated with the software creators of EKM.

Caveat from the EKM website

(http://www.edm2000.com/ketogenic_diet_and_ekm.htm):

We must stress that this program should only be used by health care professionals or parents whose child/children are under medical supervision for a Ketogenic Diet. If you have parents that would like this program then please have them email us with the name and email address of the dietician that is supervising their child's diet. These details will then be confirmed and a download link and password will be sent to them.

EKM is divided into two main areas:

- Products – lists the fat, protein and carbohydrate values for a wide range of food products. On installation this is populated with MAFF figures, but parents can add products as required.
- Meals – Allows the user to input the child's meal allowance of fat/prot/cho (carbohydrate) and input products to create a meal.

Products

Click on “Files...Products” to bring up the list of products:

Product name	Data source/type	Fat	Protein	CHO	Active
Azuki beans, dried, boiled in unsalted water	MAFF	0.20	9.30	22.50	Y
All-Bran	MAFF	4.00	13.00	48.50	Y
Almonds	MAFF	55.80	21.10	6.90	Y
Almonds, flaked organic	Food label	51.00	22.00	9.60	Y
Almonds, ground organic	Food label	51.00	22.00	19.00	Y
Anchovies, canned in oil, drained	MAFF	10.00	25.20	0.00	Y
Apple chutney	MAFF	0.20	0.90	49.20	N
Apple juice, unsweetened	MAFF	0.10	0.10	9.90	Y
Apples, cooking, raw, peeled	MAFF	0.10	0.30	8.90	Y
Apples, cooking, stewed with sugar	MAFF	0.10	0.30	19.10	N
Apples, cooking, stewed without sugar	MAFF	0.10	0.30	8.10	Y
Apples, eating, average, raw	MAFF	0.10	0.40	11.80	Y
Apples, eating, average, raw, peeled	MAFF	0.10	0.40	11.20	Y
Apricots, canned in juice	MAFF	0.10	0.50	8.40	Y
Apricots, canned in syrup	MAFF	0.10	0.40	16.10	N
Apricots, raw	MAFF	0.10	0.90	7.20	Y
Apricots, ready-to-eat	MAFF	0.60	4.00	36.50	Y

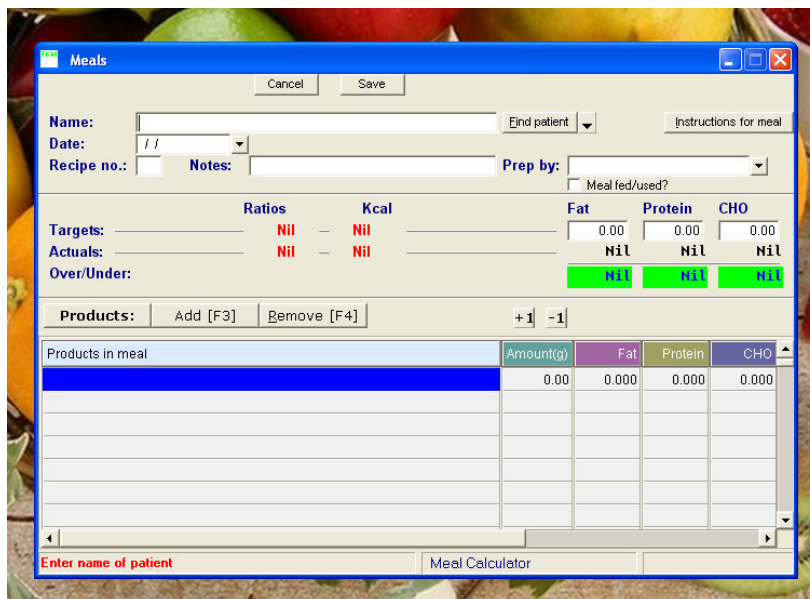
To add a product you will need the fat/protein/carbohydrate values per 100g – generally available on food labels. Click Add, which will open a blank line on the products list:

Product name	Data source/type	Fat	Protein	CHO	Active
		0.00	0.00	0.00	N
Azuki beans, dried, boiled in unsalted water	MAFF	0.20	9.30	22.50	Y
All-Bran	MAFF	4.00	13.00	48.50	Y

Input the product name and hit the “Enter” key. This will take you across to the Data source/type drop down menu – click on food label then enter the fat/prot/cho values, hitting “Enter” between each value. Finally select “Y” for active so that the product is displayed in the available products list when creating meals.

Meals

Click on “Files...Meals” to bring up the Meals screen:



This screen is in two parts. You must first enter the child’s name, meal title details and prescription. Then you can start adding products to the meal.

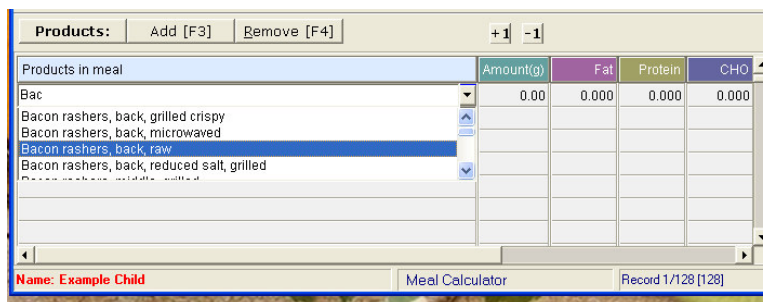
Input the child’s name; hit Enter, which takes you to the date calendar pop up. Select a date and input a recipe number – these two items together must be unique for each meal. Use the notes field to type the name of the recipe. Hit Enter to move to the Prep by field – click parent (unless you’re a dietician!) – [ED: You may also set up the names of yourselves and your dietitians via the PrepBy file list under the Maint. Option]. The meals fed/ used flag can be set once you’ve successfully prepared the meal. (This can be used by the parent to track what meals were fed, also dietitians can use this to trigger a combined report for all feeds eaten on a day). Then input the fat/prot/CHO values as given to you for the meal / snack by your dietician:



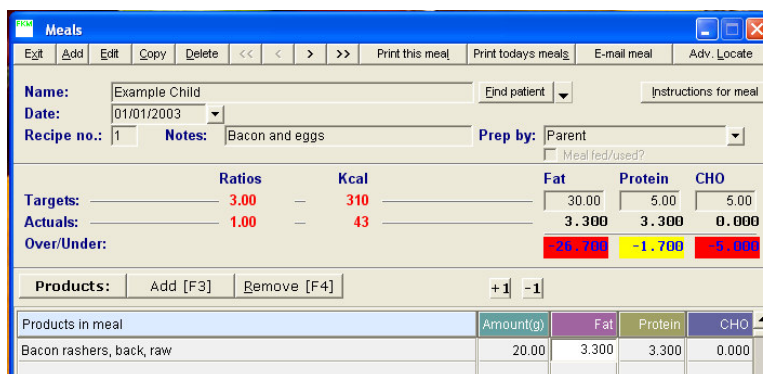
Note: The values used within this document are for demonstration purposes only and should not be used!

You will need to click “Save” before you go down to the products part of the screen.

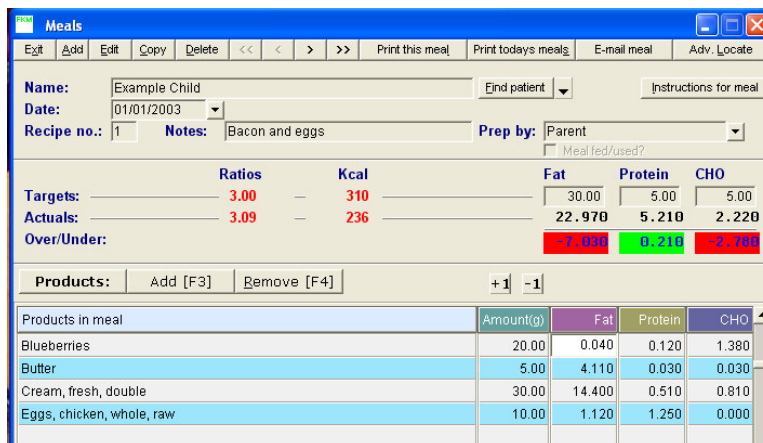
Click “Add” to select a product from the list. You can then enter the first few characters of the required product to find it:



Enter a weight in grams – the fat/prot/cho values will be included automatically, and the top half of the screen will begin to show any shortfalls / excess amounts as compared to the overall prescription:



Continue to add ingredients as above.



You can fine-tune the amounts as you go along if you prefer.

The Over/Under fields are shown as red/yellow/green, with red being considerably outside the target (+ or – 2.5g), yellow approaching the target levels (within 2.5g) and green meaning that the values match the target, within acceptable levels (+ or – 0.25g).

To adjust amounts, either input a new value for a product in the “amount” field, or use the +1 / -1 buttons to increment / decrement the current value. For the selected product you may also press the + key or the – key to increment or decrement the amount by + or – 1g. You may also use the [and] keys to fine adjust the amounts by 0.1g. You may often need to add / remove ingredients to get the correct levels required. E.g. add olive oil to increase fat; add banana to increase CHO.

This may seem quite a difficult process at first, but as you become more familiar with your child's ratio / useful products it becomes much easier over time. Eventually, you should end up with a meal that has three “green lights”:

The screenshot shows the 'Meals' window for 'Example Child' on 01/01/2003. The recipe is 'Bacon and eggs' with a prep by 'Parent'. The summary table is as follows:

	Ratios	Kcal	Fat	Protein	CHO
Targets:	3.00	310	30.00	5.00	5.00
Actuals:	2.98	312	30.211	5.214	4.919
Over/Under:			0.211	0.214	-0.081

The 'Products in meal' table is also visible:

Products in meal	Amount(g)	Fat	Protein	CHO
Bacon rashers, back, raw	19.00	3.135	3.135	0.000
Bananas	17.00	0.051	0.204	3.944
Butter	5.00	4.110	0.030	0.030
Cream, fresh, double	35.00	16.800	0.595	0.945
Eggs, chicken, whole, raw	10.00	1.120	1.250	0.000
Olive oil	5.00	4.995	0.000	0.000

You may want to do even more adjusting to get the ratio / calorie amount to match exactly.

Click “Instructions for meal” to add any further information required:

The screenshot shows the 'Meals' window with the 'Instructions for meal' field expanded. The text in the field reads:

Fry bacon in olive oil. Add butter to beaten egg and microwave to scramble. Cook bananas briefly in the micro to soften and add double cream to serve up as a banana "yoghurt"

At the bottom of the field, there are buttons for '<Insert>', 'Ctrl+S = Save', and 'Esc=Cancel'.

You can then print the meal using the button at the top of the screen. The output can either be sent to the screen or to a printer:

Ketogenic meal recipe

Name: Example Child Date: 01/01/2003
 Prep by: Parent Recipe no.:1 Active: F

Recipe prescription:

	Target	Actual	Over/Under
Fat:	30.00 g	30.21 g	0.21 g
Protein:	5.00 g	5.21 g	0.21 g
Carbohydrate:	5.00 g	4.92 g	-0.08 g
Ketogenic ratio:	3.0:1	3.0:1	
Kcal values:	310	312	Kcal

Notes: Bacon and eggs

	Fat	Protein	Carbohydrate
Bacon rashers, back, raw	19.0 g	3.14	0.00
Bananas	17.0 g	0.05	0.20
Butter	5.0 g	4.11	0.03
Cream, fresh, double	35.0 g	16.80	0.59
Eggs, chicken, whole, raw	10.0 g	1.12	1.25
Olive oil	5.0 g	5.00	0.00
	30.21	5.21	4.92

Fry bacon in olive oil. Add butter to beaten egg and microwave to scramble. Cook bananas briefly in the micro to soften and add double cream to serve up as a banana "yoghurt"

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Note: Once again, this meal has only been created for demonstration purposes!

Once you have created a meal, it is very easy to copy it and change ingredients. Just click on “Copy” at the top of the screen and input a unique date and recipe number combination. You may or may not choose to copy the products and notes across.

Example 1: copy “bacon and eggs” to create “sausage and eggs” – click “copy”, check the box to copy products and notes, change the recipe title and click “save” to amend the products. Remove the bacon, add the sausages and adjust figures accordingly.

Example 2: create a completely different meal, but copy across the dietary prescription information – click “copy” leaving the products and notes fields blank. Change the recipe title to your new name. Click “save” and add your new products.

Finally

Creating a ketogenic meal is quite an art form. Initially this process may seem daunting and time consuming, but as you become more familiar with the software, and particularly the products that work well for your child, you will find that meal creation becomes second nature – now you just have to worry about the cooking!