

WHO SHOULD NOT FOLLOW A KETOGENIC DIET?

The following information is offered to help you and your physician or healthcare professional determine if a ketogenic diet is right for you.

CONTRAINDICATED METABOLIC CONDITIONS

Individuals with the following medical conditions should NOT undertake a ketogenic diet:

- Carnitine deficiency (primary)
- Carnitine palmitoyltransferase (CPT) I or II deficiency
- Carnitine translocase deficiency
- Beta-oxidation defects
- Mitochondrial 3-hydroxy-3-methylglutaryl-CoA synthase (mHMGs) deficiency
- Medium-chain acyl dehydrogenase deficiency (MCAD)
- Long-chain acyl dehydrogenase deficiency (LCAD)
- Short-chain acyl dehydrogenase deficiency (SCAD)
- Long-chain 3-hydroxyacyl-CoA deficiency
- Medium-chain 3-hydroxyacyl-CoA deficiency
- Pyruvate carboxylase deficiency
- Porphyrria

(Note that most of these conditions are identified early in life although porphyria can develop at any time.)

CONTRAINDICATED HEALTH CONDITIONS

Talk to your doctor about implementing a KD if you have any of these conditions:

- History of pancreatitis
- Active gall bladder disease
- Impaired liver function
- Impaired fat digestion
- Poor nutritional status
- Gastric bypass surgery
- Abdominal tumors
- Decreased gastrointestinal motility; this may be in conjunction with conventional cancer treatment and associated drugs
- History of kidney failure
- Pregnancy and lactation