

## Nutrition and Epilepsy

### General Nutrition

Nutrition is how food affects the health of the body. It provides vital nutrients for survival, and helps the body function and stay healthy. Poor nutrition contributes to many costly diseases, including obesity, heart disease, and some cancers.

Benefits of good nutrition:

- Reduce the risk of some diseases, including heart disease, diabetes, stroke, some cancers, and osteoporosis
- Reduce high blood pressure
- Lower high cholesterol
- Improve your well-being
- Improve your ability to fight off illness
- Improve your ability to recover from illness or injury
- Increase your energy level

### Healthy food alternatives

Instead of:	Try:
White rice	➡ Quinoa
Sliced bread	➡ Pita bread
Mashed potatoes	➡ Mashed cauliflower
Flour tortillas	➡ Corn tortillas
Sour cream	➡ Greek yogurt
Fruit juice	➡ Fruit water
Mayo	➡ Mashed avocado
French fries	➡ Sweet potato fries
Tomato sauce	➡ Fresh diced tomatoes
Pasta	➡ Wheat pasta

### Brain healthy foods

A healthy neuro-nutritional diet is good for your mind and your body. Healthy neuro-nutrition can help improve your brain's neuroplasticity (its ability to change) as well as neurogenesis (its ability to create new neurons).

The most critical nutrient to fuel a healthy mind is glucose.

### Nutrition and Epilepsy

**Epilepsy is a neurological disorder that causes a person to have 2 or more recurrent, unprovoked seizures in their lifetime.** Studies dating back to the 1920s have shown that diet can improve seizure control in people who have epilepsy. It is important especially for someone with Epilepsy to eat regularly and eat a balanced diet.

The Ketogenic diet is a non-drug treatment method especially for children who have failed multiple antiepileptic drugs (AEDs) or find the side effects of AEDs intolerable. This medical diet consists of high fat, low carbohydrates, adequate protein and low calories.