

Appendices

Appendix A: Table 1

Appendix B: Model Diet plans

Appendix C: Model consent form and other related documentation (Dutch)

Appendix A

Procedure	T ₀	T ₁	T ₂	T ₃	T ₄	T ₅
	Baseline	2 weeks	6 weeks	3 months	4 months	6 months
Ketogenic Diet	Start diet (Phase 1)			Start diet (Phase 2)		End of diet
Type of contact	Physical	Telephone	Telephone	Physical	Telephone	Physical
Consultation by Dietician	Outpatient clinic	By phone	By phone	Outpatient clinic	By phone	Outpatient clinic
Consultation by Study Researcher	Outpatient clinic					Outpatient clinic
MRI Follow-up						X
Laboratory testing	X			X		X
Anthropometric measurements	X			X		X
Nutritional assessment	X			X		X
Questionnaires:						
IPAQ	X			X		X
Rand-36	X			X		X
Food Diary	X	X	X	X	X	X
Side effects		X	X	X	X	X

Table 1: Overview of study procedures

Appendix B

Based on an average weight of 80 kgs <i>Will be adjusted according to the subject weight</i>		Carbohydrates (grams)
Breakfast		
Bread, low in carbohydrates	1 slice	5,0
Margarine (60% fat)	5 grams	0,0
48+ cheese, meat product or 0,5 egg	1 for 1 slice	0,0
Tea/coffee <u>without</u> sugar	2 cups	0,0
Subtotal		5,0
During the morning		
Strawberries or other fruit	50 grams	2,5
Tea/coffee <u>without</u> sugar	2 cups	0,0
Subtotal		2,5
Lunch		
Bread, low in carbohydrates	1 slice	5,0
Margarine (60% fat)	5 grams	0,0
Salad from van iceberg lettuce	1,5 cup	1,1
Salmon, smoked or other fish	25 grams	0,0
Cherrytomatoes, raw	4 pieces	1,6
Peeled cucumber	25 grams	0,5
Avocado	50 grams	0,9
Oil as dressing	1,5 tablespoon	0,0
Mayonnaise	0,5 tablespoon	0,4
Subtotal		9,5
During the afternoon		
Mixed nuts, unsalted	1 cup	3,4
Tea/coffee <u>without</u> sugar	2 cups	0
Dinner		
Boiled potatoes	28 grams	5,0
Vegetables	140 grams	5,0
Meat or fish	1 piece	0,0
Oil to fry	1,5 tablespoon	0,0
Margarine (60% fat)	0,5 tablespoon	0,0
Subtotal		10,0
During the evening		
Greek yoghurt, full-fat	125 grams	4,5
Oil, preferably coconut oil	1,5 tablespoon	0,0
Tea/coffee <u>without</u> sugar	2 cups	0
Subtotal		4,5
Total	1507 kcal	34,9

Table 2: Example menu during month 1-3: carbohydrate restricted (35 g/day) & calorie restricted (1500 kcal)

Based on an average weight of 80 kgs <i>Will be adjusted according to the subject weight</i>		Carbohydrates (grams)
Breakfast		
Bread, low in carbohydrates	2 slices	10,0
Margarine (60% fat)	2 x 5 grams	0,0
48+ cheese	1 for 1 slice	0,0
Fish or meat product or 1 egg	1 for 1 slice	0,4
Tea/coffee <u>without</u> sugar	2 cups	0,0
Subtotal		10,4
During the morning		
1 piece of fruit (excluding banana or grapes)	150 grams	16,5
Tea/coffee <u>without</u> sugar	2 cups	0,0
Subtotal		16,5
Lunch		
Bread, low in carbohydrates	2 slices	10,0
Margarine (60% fat)	10 grams	0,0
48+ cheese	1 for 1 slice	0,0
Fish or meat product or 1 egg	1 for 1 slice	0,4
Tea/coffee <u>without</u> sugar	2 cups	0,0
Subtotal		10,4
During the afternoon		
Mixed nuts, unsalted	1 cup	3,4
Tea/coffee <u>without</u> sugar	2 cups	0
Dinner		
Boiled potatoes	50 grams	8,9
Vegetables	150 grams	5,4
Meat or fish	1 piece	0,0
Oil to fry	1 tablespoon	0,0
Margarine (60% fat)	0,5 tablespoon	0,0
Subtotal		14,3
During the evening		
Greek yoghurt, full-fat	125 grams	4,5
Oil, preferably coconut oil	1 tablespoon	0,0
Tea/coffee <u>without</u> sugar	2 cups	0
Subtotal		4,5
Total	1500 kcal	60

Table 3: Example menu during month 4-6: carbohydrate restricted (60 g/day) & calorie restricted (1500 kcal)

Appendix C: Model consent form and other related documentation (Dutch)

See the separate files attached.