

Epilepsy/Seizure Disorders

What Is Epilepsy?

- **Disturbance of the Nervous System**- with recurrent attacks of consciousness, convulsions, behavioral abnormalities, or motor activity
- **Seizures**- are caused by excessive neurological discharges in the brain
- **Epilepsy**- is common with spina bifida and cerebral palsy.
- **Patient**- suddenly falls and undergoes violent involuntary contractions of the arms and legs
- **Affects Approximately**- .5% of the population, males more than females. < 2 years = developmental defects, birth injuries, or metabolic brain diseases
25 years secondary to cerebral trauma or organic brain disease

What Foods Are High In Fat, Carbohydrates, Protein?



- **Fats**- Butter, margarine, oil, salad dressing, sour cream, casseroles, desserts, ice cream, whipped cream, mayonnaise, nuts, olives, avocado, peanut butter, seeds, bacon, chitterlings, coconut, cream cheese, cream, fatback, salt pork, shortening, and lard
- **Carbohydrates**- Sugars and starches
- **Protein**- Eggs, cheese, meats, fish, poultry, lamb, pork, veal, beef



What Can I Do?

- **See Your Health Care Provider and Registered Dietitian**- for more information on the disorder and diet
- **A Well Balanced Diet**- Avoid excess fluid and food
- **Ketosis**- stabilizes convulsions by decreasing irritability and restlessness. 3:1 ratio of fat to carbohydrate and protein
- **AVOID**- alcohol, colas, coffee, or tea.
- **Add Supplements**- for Vitamin B6, B 12, Calcium, Vitamin D, and folacin.
- **Add**- fiber and fluid for constipation (25 gm. per 1000 calories)

