

Le régime cétogène dans le traitement de l'épilepsie

PRINCIPE :

Modification de l'alimentation quotidienne afin de produire un état de cétose



- Mise en place d'un régime alimentaire **riche en lipides et pauvre en glucides et protéines** (dérivation du métabolisme énergétique vers l'utilisation des lipides comme première source d'énergie)
- Avec un apport en protéines contrôlé pour **assurer les besoins individuels**

En pratique

Les aliments dans le régime cétogène



Dans ce régime, sont donc privilégiés les aliments à forte teneur en lipides et à faible teneur en glucides :

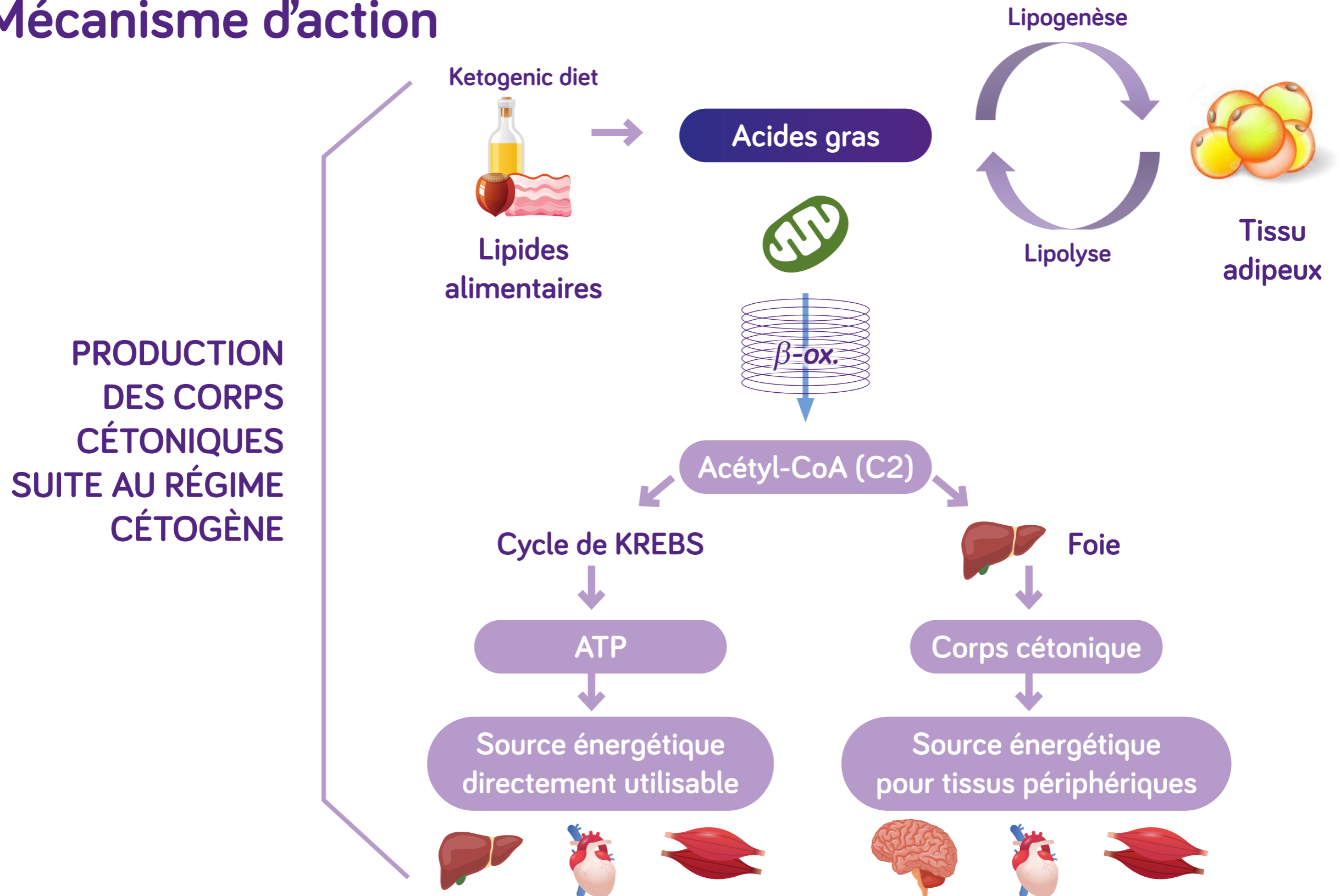
crème fraîche, huile, beurre, petit suisse, fromage blanc, fromage gras, charcuterie, viande, poisson.



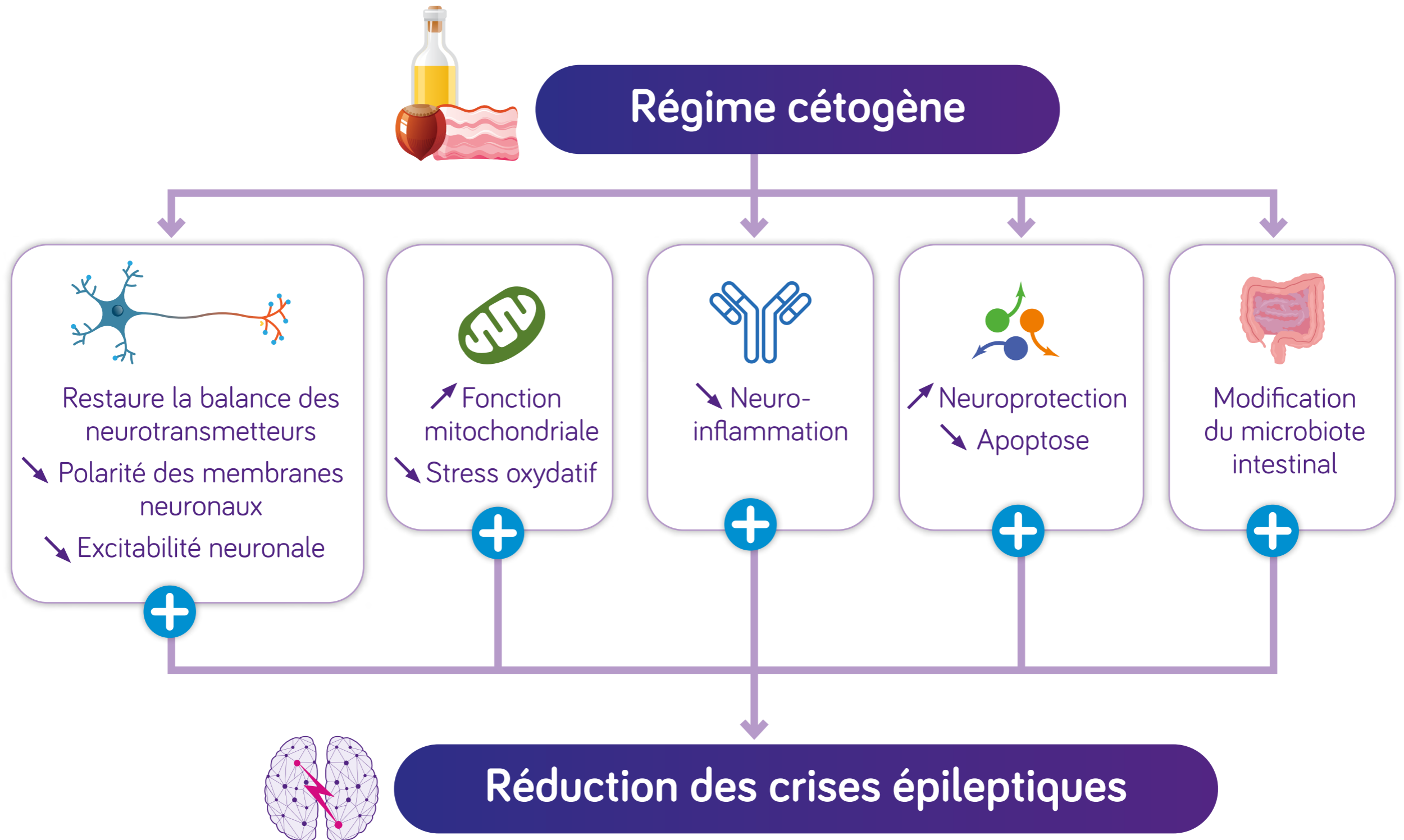
Les aliments à forte teneur en glucides ne sont pas autorisés : **pain, céréales, riz, pâtes, fruits etc.. ni les sucres ou les boissons sucrées.**

- ➔ **Aliments contre-indiqués**
= aliments peu compatibles
- ➔ **Aliments autorisés en quantités contrôlées**
= aliments compatibles en quantités contrôlées
- ➔ **Aliments autorisés**
= aliments compatibles

Mécanisme d'action



Mécanisme d'action

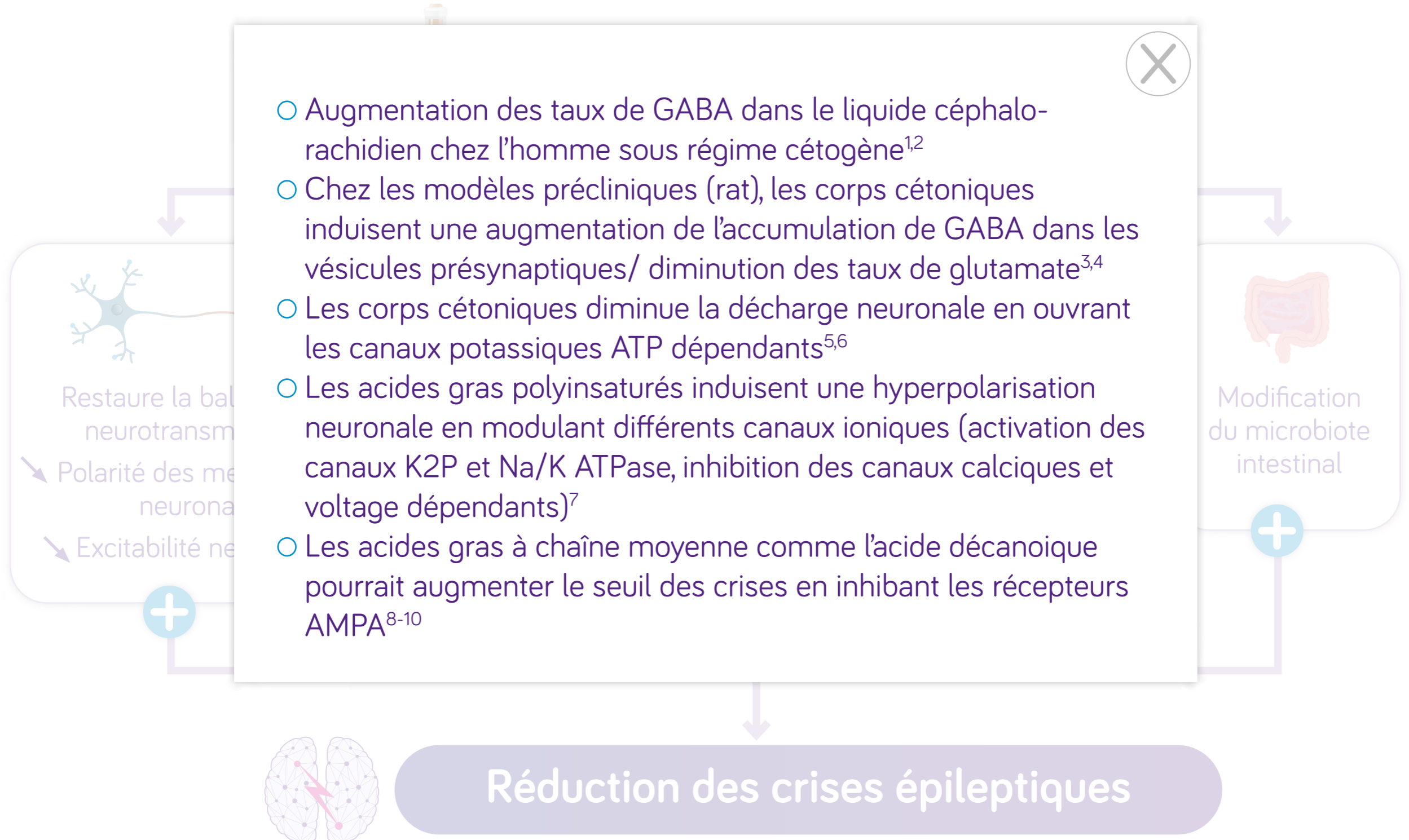




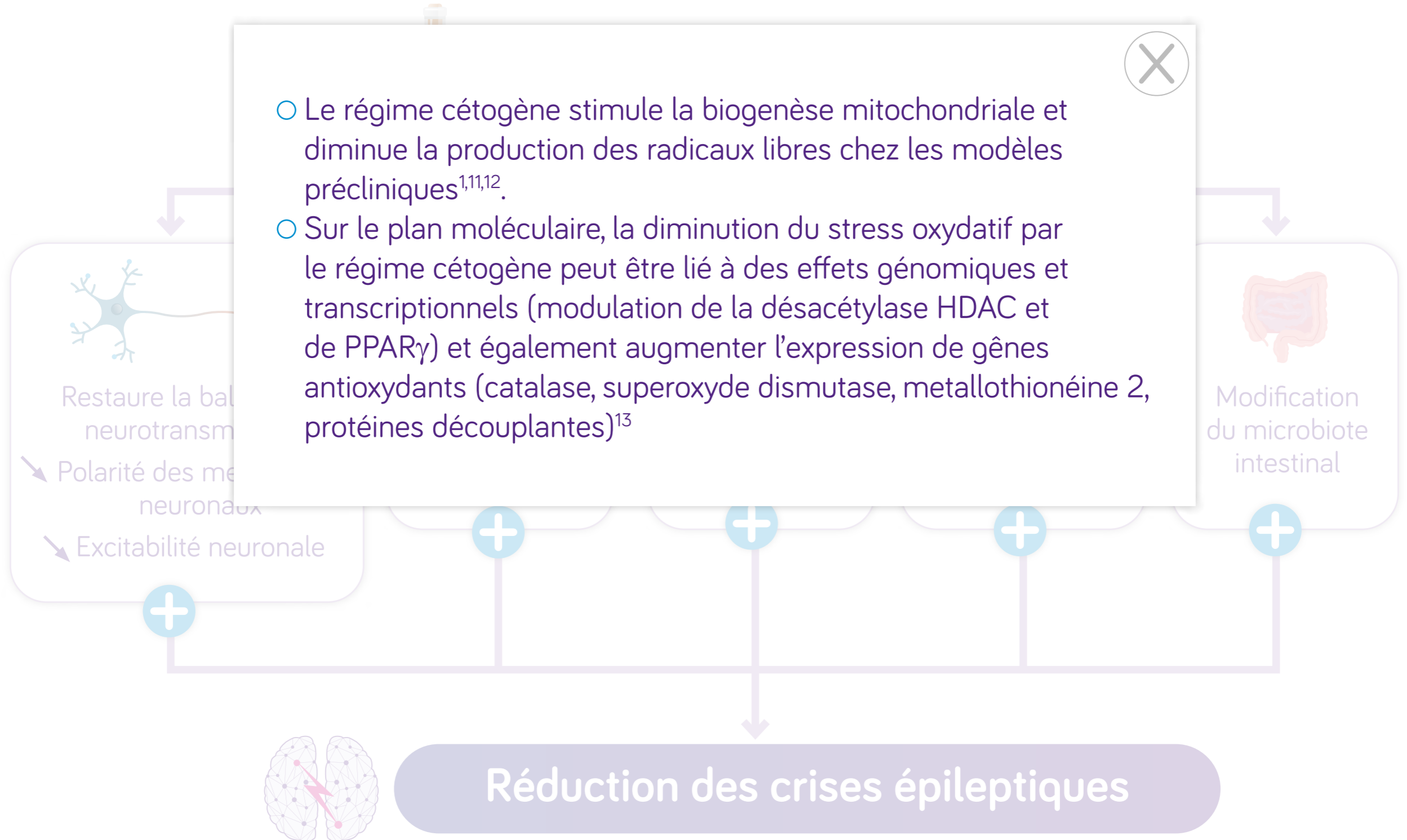
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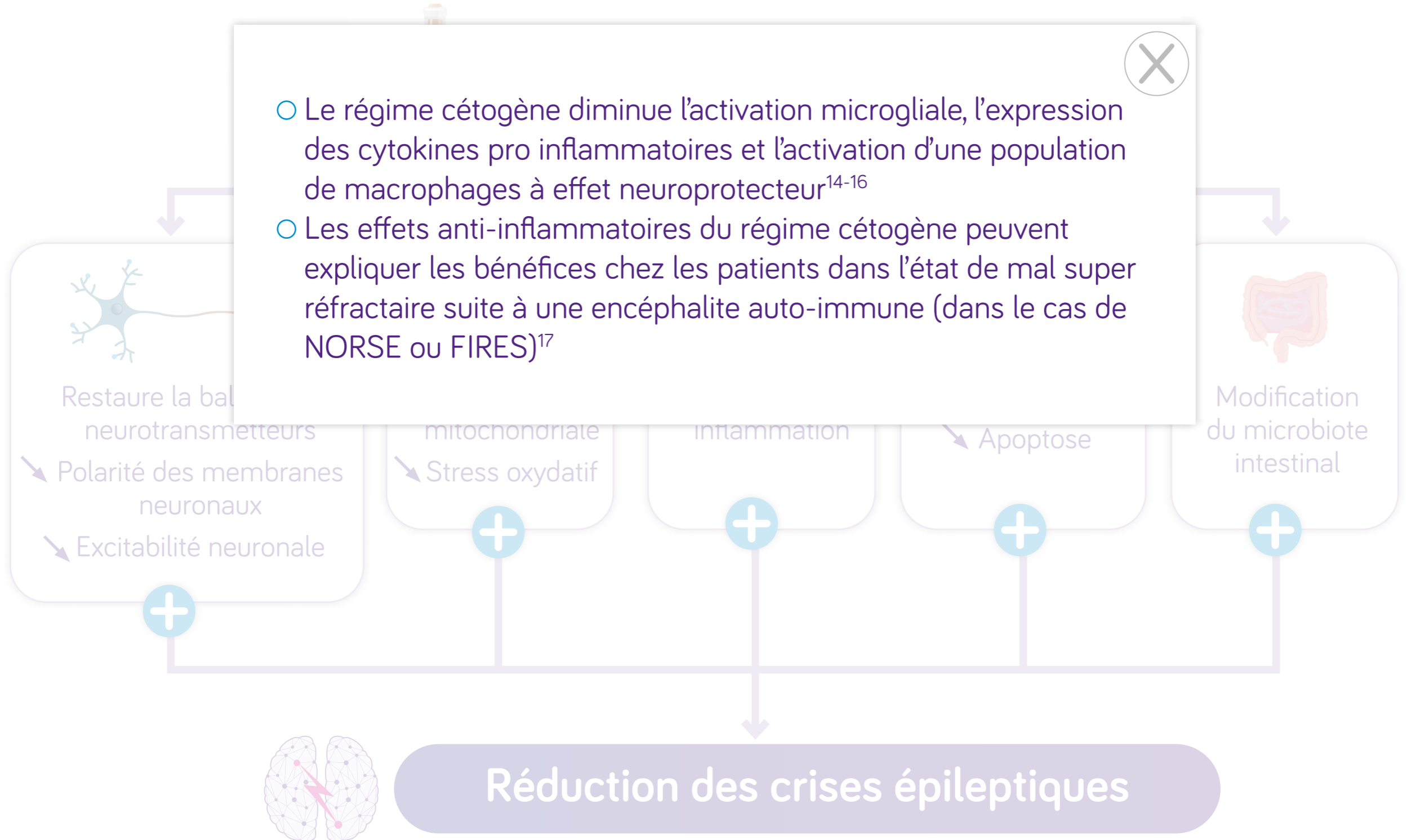
Mécanisme d'action



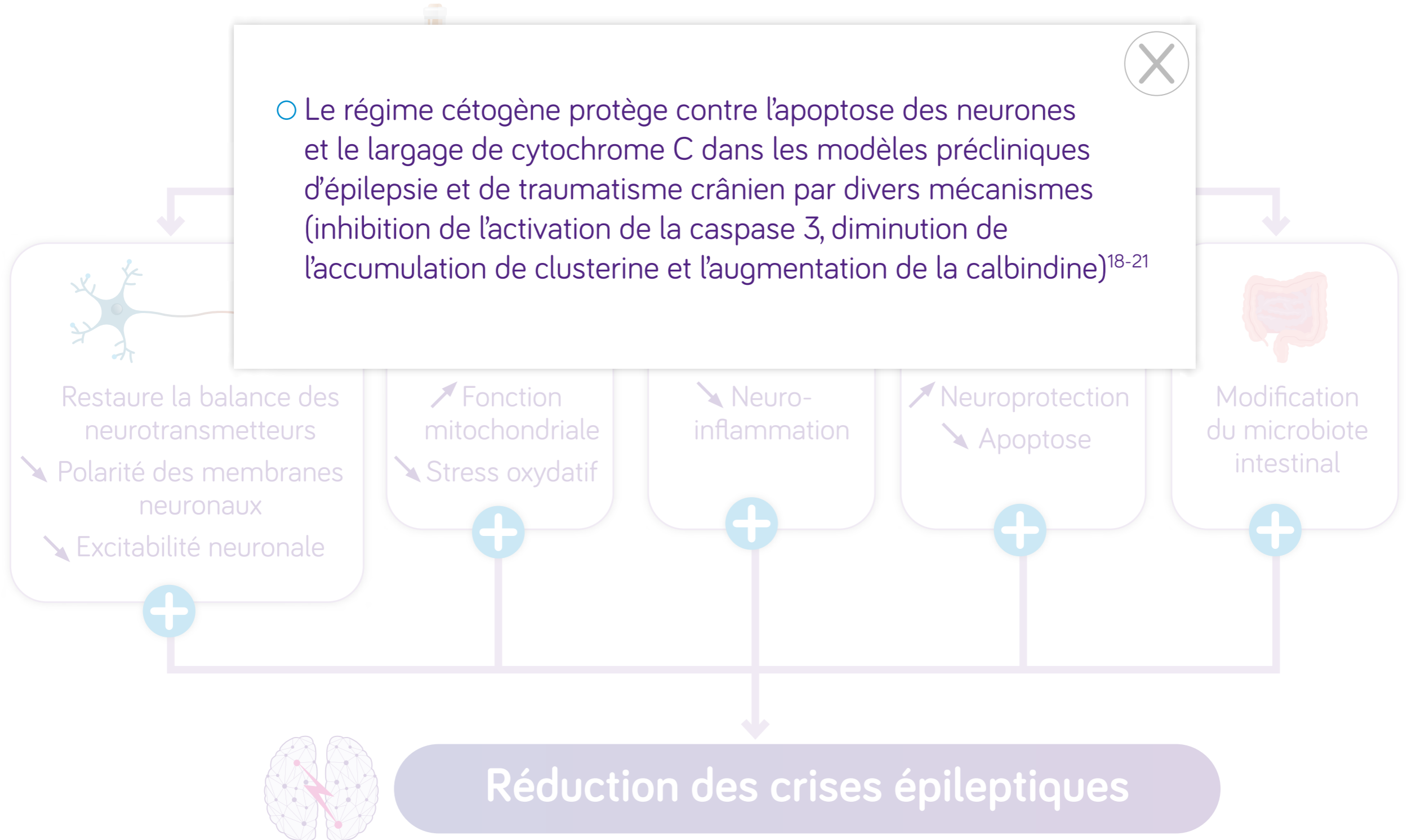
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