

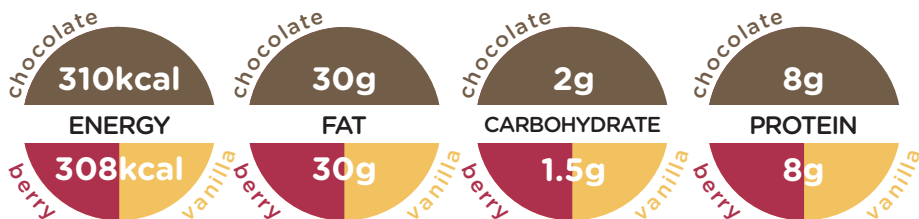


Handy hints for using K·Yo™

Your dietitian has recommended **K·Yo** -

- a palatable, blend of fat, carbohydrate, and protein, for use in the dietary management of a ketogenic diet,
- which is available in 3 flavours - chocolate, vanilla, and berry,
- being ready to feed, it can be eaten as it is using a spoon, and
- when mixed with water, it can be taken in liquid form, as a drink.

K·Yo is available in 100g pots, each pot provides:



K·Yo provides vitamins, minerals, and trace elements to help meet you/your child's, nutritional requirements.

K·Yo is suitable for use in all versions of the ketogenic diet.

K·Yo's fat to carbohydrate and protein ratio is 3:1. However, this can be modified, making it suitable for use in dietary regimens requiring a different ketogenic diet ratio. Speak with your dietitian for guidance.

For further information speak to your healthcare professional.

K·Yo is a Food for Special Medical Purposes and must be used under medical supervision.

Allergens: contains **milk**.

Handy hints for using **K·Yo™**

K·Yo, being ready to feed, means it's convenient for everyday use -

- as a pre-prepared meal and/or snack,
- as it's easy to take out and about; in school or work lunchboxes,
- straight from the fridge and enjoyed cold, and
- straight from the freezer, enjoyed frozen.

K·Yo flavours provide variety.

K·Yo, being available in 3 delicious flavours - chocolate, vanilla, and berry, means you'll be able to choose a taste that suits your mood. You may like the same one all day, or all three!

K·Yo is ready to use.

K·Yo can be taken as a snack/dessert, as is, or as part of a snack/dessert. Try combining with foods like diet jelly, cream, keto suitable fruit, pancakes, meringues and biscuits.

K·Yo can be frozen.

Freeze **K·Yo** in its pot for 3-4hr, then enjoy as an ice-cream style dessert. Alternatively, try freezing in ice-block moulds; a great way to turn **K·Yo** into a fun, icy treat, which is ideal for hot summer days. (NB - frozen >4hr., **K·Yo** may become too firm to consume immediately, allow 15-20min., out of freezer for it to soften before consuming).

K·Yo can be warmed.

Warm **K·Yo** in the microwave or on the stovetop, to make a "custard" (warming will thin **K·Yo's** texture). Try serving **K·Yo** "custard" with diet jelly, cream, keto suitable fruit, pancakes, meringues and biscuits.



Microwave - transfer to a microwave-suitable container, heat for 30 seconds, stir and serve.

OR



Stovetop - transfer to a small saucepan, warm on a medium heat for 2-3 minutes, stir and serve.

K·Yo can be mixed with water.

Try mixing 1 pot (100g) **K·Yo** with 120ml cold water to make a refreshing, cold drink, which can be consumed orally. Alternatively, **K·Yo** (100g) mixed with 120ml water, can be administered via a feeding tube, if advised by your dietitian/feeding specialist.



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