



Fighting Back with Fat

Erin Whitmer, Jeanne L. Riether, Eric Kossoff MD

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Written by two mothers who have children on the Ketogenic diet, *Fighting Back with Fat* provides essential information to educate parents on the diets, as well as gives advice to parents to navigate the emotional minefields that often come with attempting these diets. Common stress factors such as fear of failure, hyperresponsibility, dealing effectively with a child's non-compliance, and educating non-supportive relatives, friends and peers, are all addressed in heart-to-heart frankness from mothers who have covered the territory personally.

The authors include first-person accounts of the successes and trails of other families as well as a rare glimpse of what kids think of the diets, in their own words.

The book closes with the KetoCalculator 101, with tips and advice from the Charlie Foundation's Beth Zupiec-Kania, RD, CD, the Keto Calculator's creator and a recipe section offering simple, delicious recipes organized by age group, each with "Keto Bites," fun food facts or practical advice that correspond to each recipe.

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