**Modified Atkins Diet (MAD)**

The Modified Atkins Diet or MAD is prescribed for patients with seizures. Patients on the MAD eat food that is very high in fat like oils and butter, moderate in protein, and extremely low in carbohydrates, such as fruit, vegetables, breads, cereal, and pasta. Most Americans without epilepsy eat only 5% of daily calories from carbohydrate foods and 70-80% of calories from high fat foods, such as butter, oils, and cream. This changes the body’s metabolism from using carbohydrates (glucose) for energy to using fat for energy. This diet should be treated like a medication because it causes a change in metabolism, making it extremely important for patients to eat very few carbohydrates. Even carbohydrates found in condiments, lettuce and tomato sides, dressings, and other “extras” could put the epileptic patients in danger and result in a seizure.

This diet is similar to a **medication** because it helps patients with epilepsy decrease their risk for seizure. The exact recipes and menu created by the Registered Dietitian must be followed at all times.

**MAD at Rush**

* + - * Patients have a set menu for every single meal every day. It is vital that the exact meal is sent how it is printed on the ticket.
			* No extra condiments like dressing, sugar, or other sides are allowed without RD approval.
			* Include all butters, oils, and high-fat dressings exactly as they are listed on the meal tickets.
		- Always include additional fat of choice for the patient.
			* Prepare meals as directed on recipes, including all fats like butter and oils.
		- Send the *pink diabetic kit* with each tray.
		- All special requests must be approved by a RD.



**Breakfast**

Coffee or tea w/ 1 T. heavy cream

4 slices of bacon

2 oz mozzarella

½ sliced avocado

2 T. butter or oil

**Lunch**

Egg salad (2 hardboiled eggs, ½ cup full fat mayonnaise, 2 t. mustard)

3 sticks raw carrots

1 Ranch dressing

2 T. butter or oil

**Dinner**

Crystal Light

6 oz. grilled chicken, 1 oz mozzarella cheese, 1 T. veg. oil, black pepper

½ c. turkey gravy

SF Jello

½ c. cooked broccoli w/ 2 T. butter

2 T. butter or oil