A recent TREND Health Initiative explored the effectiveness and benefits of a modified ketogenic diet (MKD) for Prader-Willi Syndrome. During the transition to MKD, Participants observed that even simple but consistent diet changes provided benefit. These diet changes include steps towards a natural, whole foods diet. They do not require medical supervision and may be adopted by anyone who wishes to improve his or her diet. It may take several days or even a few weeks of consistently eating a healthier diet to see benefits.

**How Do I Begin?**

Dietary habits can be hard to change if too many changes are made at the same time. It is also very common for people to get excited about a ‘new diet’ but lose that enthusiasm after two weeks. Making one change at a time is best. We recommend that you take the time to talk to a family member or friend about your intentions to improve your diet. This will help you to commit to making positive changes. He or she may even join you in this endeavor.

**Step One  Eliminate Simple Sugars**

The first step is a very important one; eliminate foods with a high concentration of simple sugars. This type of carbohydrate has a high glycemic index which means that they are rapidly absorbed into the body. Once you have eliminated these foods completely for several weeks, you may find that you no longer have the desire to eat them. Your body will be more satisfied with whole, natural foods.

**Eliminate High Glycemic Index Foods**

**SWEETENERS**
- Table Sugar
- Honey Syrups

**SWEETENED BEVERAGES**
- Fruit Juices
- Sports Drinks
- Soft Drinks
- Energy Drinks

**SWEETS**
- Cake
- Candy
- Cookies
- Crackers
- Pastries
- Pies
- Ice Cream
- Treats

**PROCESSED FOODS**
- Sweetened Cereals
- Crackers
- French Fries
- Pretzels
- Rice Cakes
- Snack Chips
- White Bread & Rolls White
- Quick Cooking Rice
- Granola and Bars

**FRUIT**
- Dried Fruit
- Fruit Roll Ups
- Watermelon
- Fruited Yogurt
Step Two  Eat a Natural, Whole Foods Diet

This is a major step that can be broken down into smaller steps. Eating a diet that consists of whole, natural foods is a very healthy diet. Whole foods are foods that have little or no processing. Minimally processed foods have at most 3 ingredients. If you see a food label listing more than 3 ingredients, you can be sure that it is processed. Whole, natural foods have the highest concentration of nutrients and the least artificial ingredients.

<table>
<thead>
<tr>
<th>Whole Food</th>
<th>Nutrients</th>
<th>Function or Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Hydrogen, oxygen and minerals</td>
<td>These elements are essential to the life of all cells, particularly the brain which is 70% water.</td>
</tr>
<tr>
<td>Tea</td>
<td>Flavonoids, Polyphenols (especially green tea)</td>
<td>Anticarcinogenic, anti-inflammatory and immune function benefits.</td>
</tr>
<tr>
<td>Nuts &amp; Seeds</td>
<td>A power-source of essential fatty acids including Omega-3 plus vitamins and minerals.</td>
<td>Assists in energy metabolism and cell health, especially important in brain function.</td>
</tr>
<tr>
<td>Protein Foods</td>
<td>Amino acids plus vitamins, minerals and fatty acids.</td>
<td>Essential to the formation of all cells including neurotransmitters in the brain.</td>
</tr>
<tr>
<td>Carbohydrate Foods</td>
<td>Glucose, vitamins and minerals, fiber, antioxidants, polyphenols, flavonoids, phytochemicals.</td>
<td>Carbohydrate-rich foods provide an easy energy source to cells. The nutrients that are found in whole food carbohydrates are essential enzymes in many biological pathways.</td>
</tr>
<tr>
<td>Lipids (Fats)</td>
<td>Fatty acids and Vitamins A, D, and E.</td>
<td>Essential for the health of all cells especially for myelin, the layer around our brain. Lipids provide an excellent alternate energy source to the brain when carbohydate is limited.</td>
</tr>
</tbody>
</table>

Choose a Whole, Natural Foods Diet

**BEVERAGES**  
Water  
Tea

**TREATS**  
Nuts  
Seeds

**PROTEIN**  
Meat  
Poultry  
Eggs  
Fish  
Shellfish  
Dairy

**CARBOHYDRATES**  
Vegetables  
Fruit  
Whole Grains  
Legumes

**LIPIDS (FATS)**  
Olive Oil  
Butter  
Nut Oils  
Coconut Oil