

# keto.classic 3:1

## ketoclassic meal - bolognese flavour

### Description

A FOOD FOR SPECIAL MEDICAL PURPOSES

A 3:1 ratio (Fat:Carbohydrate & Protein) high fibre ready meal for use in the classical ketogenic diet from 3 years of age.

### Indications

For the dietary management of Intractable Epilepsy, Pyruvate Dehydrogenase Deficiency, Glucose Transporter Type 1 Deficiency and other conditions where a ketogenic diet is indicated.

### Dosage & Administration

To be determined by the clinician or dietitian and is dependant on the age, body weight and medical condition of the patient. For use in the classical 3:1 ketogenic diet.

### IMPORTANT NOTICE

Must only be used under strict medical supervision.  
Suitable from 3 years of age.  
Not to be used as a sole source of nutrition.  
For enteral use only.  
Only for use in the Ketogenic Diet.

### Preparation Guidelines

#### Microwave:

Microwave ovens may vary, the following is a guide only.

Gently shake the pouch for 10 seconds and then make a small tear in either side of the pouch.

Heat for 2 minutes on high (based on a Cat D 750). Remove the top of the pouch and stir before serving and ensure that the product is piping hot.

#### Saucepan:

Empty contents of the pouch into a saucepan and heat gently, stirring occasionally, until piping hot and serve.

### Allergen Advice

Contains wheat (gluten free), egg and mustard.

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### Nutritional Content

| Nutritional Information | 100g | Per 130g pouch |
|-------------------------|------|----------------|
| Energy (kJ)             | 1182 | 1490           |
| Energy (kcal)           | 287  | 361            |
| Fat (g)                 | 26.7 | 33.6           |
| of which saturates (g)  | 3.3  | 4.1            |
| Monounsaturates (g)     | 7.3  | 9.2            |
| Polyunsaturates (g)     | 13.8 | 17.4           |
| Carbohydrates (g)       | 3.7  | 4.6            |
| of which sugars (g)     | 2.6  | 3.3            |
| Fibre (g)               | 2.1  | 7.6            |
| Protein (g)             | 5.2  | 6.5            |
| Salt (g)                | 1.3  | 1.6            |
| Sodium (mg)             | 500  | 630            |
| Sodium (mmols)          | 21.7 | 27.4           |

### Storage

Store in a cool dry place and use within 24 months.  
Once opened, refrigerate and use within 24 hours.

If the packaged is damaged, do not use.

### Pack Size/Weight

14 x 130g e Pouch.  
Net weight = 1820g.