

# NanoVM<sup>®</sup>

Vitamin and mineral supplementation is needed when on the Ketogenic Diet.

Ask your dietitian about **NanoVM<sup>®</sup>**.

**NanoVM<sup>®</sup>** Powder is a **carbohydrate free**, vitamin and mineral supplement ideal for children on the Ketogenic Diet. Two formulas are available for children between the ages of 1-3 and 4-8 years. Learn more by visiting [www.solacenutrition.com](http://www.solacenutrition.com).



## Ordering Information

Call (888) 876-5223 or order online at [www.solacenutrition.com](http://www.solacenutrition.com) / [www.ketocuisine.com](http://www.ketocuisine.com)

## Reimbursement codes

KetoCuisine: 57771-0001-30

NanoVM<sup>®</sup>: 57771-0001-13 (ages 1-3) & 57771-0001-48 (ages 4-8)

## Reference

1. Everyday Eating for a Healthier You, 2010 Dietary Guidelines, Authored by Academy of Nutrition and Dietetics staff registered dietitians, [www.eatright.org](http://www.eatright.org).

Products designed by  
healthcare professionals

**solace**  
NUTRITION

# KetoCuisine<sup>™</sup>


5:1 Ratio Baking Mix



**The first baking/  
cooking mix created for  
the Ketogenic Diet.**

**KetoCuisine has a 5:1 ratio - add recipe ingredients  
to obtain your goal ratio.**

***KetoCuisine is what the chef ordered!***

- "Flour like" powder
- Does not contain vitamins and minerals which often cause a medicinal taste or odor
- Artificial sweetener free
- Favorable fat blend – very low trans fat
- Versatile
- Easy to use
- Affordable
- Kosher dairy 

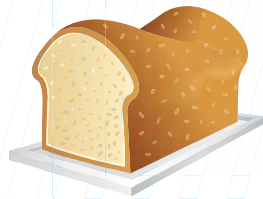
**USER GUIDE**

## Allows for a Healthier Diet

- Allows for the addition of fruit, vegetables, protein sources and fiber
- Favorable fat blend
- Majority of fat from polyunsaturated and monounsaturated fats
- Low in trans fat - only 0.6 g per 100 g **KetoCuisine** powder
- Low in cholesterol – only 1 mg per 100 g **KetoCuisine** powder

*The Academy of Nutrition and Dietetics recommends that the majority of dietary fat come from polyunsaturated and monounsaturated fat and consumption of saturated fat, trans-fatty acids, and cholesterol should be as low as possible while maintaining a nutritionally adequate diet.<sup>1</sup>*

**KetoCuisine** can be used in all recipes currently developed for the Ketogenic Diet. Visit [www.ketocuisine.com](http://www.ketocuisine.com) for recipe ideas. Recipes for several ratios are available.



## Nutrition Information

Nutrients	Per 100 g
Calories	715
Protein, g	4.4
Carbohydrate, g	10
Fat, g	73
Polyunsaturated, g	3.5
Monounsaturated, g	60
Saturated, g	5.6
Trans, g	0.6
Cholesterol, mg	1

**Ingredients:** Sunflower oil, Maltodextrin, Cellulose, Sodium caseinate, Silicon dioxide.

**KetoCuisine** contains the following allergen: milk.

**KetoCuisine** is ideal for “out of the house” meals, adding snacks, low appetite days /sick days or other situations when ketogenic meal preparation is difficult.

## Out of the House Meals

- **KetoCuisine** is easily transported like any other regular prepared meal.
- Baked goods or prepared meals can be made in batches.

## Snacks & Treats

- Make “ketosicles”, slushies or any other favorite drink by adding your favorite fruit, flavoring and freeze.
- Hot or cold chocolate “ketomilk” – ratio is limiting factor.



## Sick Days – Rehydrating and Replacing Electrolytes

- **KetoCuisine** has a 5:1 ratio allowing for the addition of carbohydrate and electrolytes which at times are needed during illness.
- Gatorade® G2 Low Calorie and Pedialyte® can easily be added to **KetoCuisine**.



## Main Meal Preparer Not Around?

- Batch cook meals made with **KetoCuisine** and freeze.

## Changing Ratios

- **KetoCuisine** can be taken as a drink and made to your desired ratio. Ideal for when a new Ketogenic Diet ratio is being introduced or during trial periods.



## Points to Remember

- Water does not change the ratio of **KetoCuisine**. Therefore, when making a drink with **KetoCuisine**, any amount of water can be added.
- **KetoCuisine** is not a source of vitamins and minerals.