



What is K·Yo™?

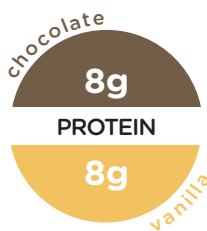
K·Yo is a palatable nutritionally complete, very high fat, low carbohydrate, ready to eat, semi-solid food with a 3:1 ratio of fat to carbohydrate and protein.

K·Yo is available in 2 flavours: Chocolate and Vanilla.

K·Yo is for use from 3 years onwards.

K·Yo has a pureed texture* and may be suitable for patients with swallowing difficulties, under the guidance of a feeding specialist.

K·Yo is ready to eat. Each 100g pot contains:



Your dietitian will advise on:

- How much **K·Yo** to have
- When to take it
- How to use it

Dietitian's name & contact details:

K·Yo is a **Food for Special Medical Purposes** and must be used under medical supervision.
Allergens: Contains **milk**.

* Level 4 The International Dysphagia Diet Standardisation Initiative (IDDSI), 2019 @<https://iddsi.org/framework/>

K·Yo™ is easy to use in lots of different ways!

K·Yo is ready to eat:

- At meal and snack times.
- In a lunch box - take it out and about.
- From the fridge - enjoy it cool.

Visit www.myketogenicdiet.co.uk
to find these and other recipes for K·Yo!

Use K·Yo as a dip, topping or filling for keto churros, pancakes, waffles, doughnuts and swiss roll.



Freeze K·Yo in the pot for 3-4 hours and enjoy as an ice-cream style dessert or use to make chocolate or vanilla-style ice-cream.

Use K·Yo to make tasty desserts - cheesecakes, trifles and many more.



Warm K·Yo to make drinks, sauces and custard.



Microwave – transfer to a microwave-suitable container, heat for 30 seconds, stir and serve.

OR



Hob – transfer to a small saucepan, warm on a medium heat for 2-3 minutes, stir and serve.

K·Yo is suitable for use in all versions of the ketogenic diet.

Try our handy cookbooks! You can request these from your dietitian or ketogenic team, who can advise you on which recipes are best for you to use.



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