

# Epilepsy

Epilepsy is a disorder that affects the nervous system characterized as having a tendency to have repeated seizures that originate in the brain. When the brain cell activity is interrupted a seizure can occur which can affect a person's feeling and acts for a short period of time.

## Symptoms

- Seizures

## Dietary Recommendations

- Eat food high in fat and protein
- Limit foods with carbohydrate

<u>Protein Foods</u>	<u>Fat Foods</u>	<u>Carbohydrate foods</u>	
Beef, pork	Butter	Milk - Whole	Pretzels
Hot dog	Cream Cheese	Yogurt	Carrots
Bacon	Mayonnaise	Bread	Celery
Cheese	Olives	Rice	Corn
Egg	Vegetable oil	Noodles	Peas
Peanut Butter	Avocado	Bagel	Potato
	Salad Dressing	Cereal	Squash
		Crackers	Fruit
		Chips	Fruit Juice