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Alteration to Heavy Whipping Cream Nutrition Facts and the Subsequent Impact on Precision Ketogenic Therapy

Precision Ketogenic Therapy (PKT) is a personalized nutrition-based approach to medical therapy. It focuses on the patient's specific nutrition needs, while maintaining them in a state of ketosis. Patients achieve ketosis by following their prescribed ketogenic ratio, which is the ratio of grams of fat to grams of carbohydrate and protein. It is vital that PKT recipes are precise, as PKT calls for the ketogenic ratio to remain steady. To maintain precision, we pay great attention when making recipes to the food sources, their specific brands, and each product's Nutrition Facts Label. Zero carbohydrate fat sources are extremely valuable for PKT recipes, and a former example of such was the Organic Valley Heavy Whipping Cream. The company, however, has recently altered the nutrient composition of the product. The unannounced change impacted PKT patients directly, altering the ketogenic ratio they received for every meal with Organic Valley Heavy Whipping Cream. For example, a recipe which originally had a ketogenic ratio of 2.25:1 dropped to 1.72:1. Since each recipe uses different quantities of cream, the ratio decrease would vary per meal and the patient would receive differing "doses" of PKT. If variation to the ratio remains unknown for an extended period, it could lead to suboptimal therapy and adverse health outcomes for the patient. Along with compromising the medical therapy's efficacy, this change may impact our patient's quality of life. Adding an ingredient to a PKT recipe could call for a complete reconstruction of the meal, potentially altering its original taste and appearance. It also impacts patients who are tube-fed, as the added oil shortens the life of their tube lines. Using food as precision medicine can be extremely impactful on a patient's health, however medical therapy like PKT cannot be successfully accomplished without transparent and accurate food composition data.

Word count: 297