**Abstract**

Idiopathic Ketotic Hypoglycemia is the most common non-iatrogenic cause of hypoglycemia in children beyond infancy. It improves with age and is rare after puberty. Early morning hypoglycemia, responding promptly to glucose, is a typical presentation. Etiology of hypoglycemia is unclear; deficiency of gluconeogenic substrate (hypoalaninemia) has been widely proposed.Idiopathic Ketotic Hypoglycemia is a diagnosis of exclusion. Rule out specific etiologies first.Ketonuria precedes hypoglycemia by several hours, testing for ketonuria helps in early detection.For prevention, avoiding fasting states and bedtime snacks are helpful.

**Keywords:** Ketotic hypoglycemia, children, hypoalaninemia