HANDY GUIDE TO SHOPPING
FOR A KETOGENIC DIET THERAPY

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All information given is correct at the time of writing.

This information will be updated regularly and if we have missed anything off that you feel would be useful and should be included then please send it through to us via our postal address or contact us at ketokitchen@matthewsfriends.org

PLEASE DO NOT CHANGE ANY ASPECTS OF YOUR DIET AND PLEASE DISCUSS ANY ADDITIONS TO YOUR DIET WITH YOUR DIETITIAN ESPECIALLY WHEN SOURCING PRODUCTS FROM WEBSITES/LOW CARB STORES.

ALWAYS READ THE LABELS OF THE FOODS YOU ARE BUYING TO CHECK THEIR NUTRITIONAL CONTENT
Reading Food Labels

It is always useful to get into the habit of reading food labels and regularly checking them as sometimes products are advertised as 'new and improved' which means their nutritional value could have changed so be mindful of this when you see one of your regular brands advertised as being 'improved'.

The emphasis nowadays is very much on 'low fat' and we have all been conditioned to think that fat is bad which is the exact opposite of what we need for Ketogenic Dietary Therapies. It will take practice to look at a label which is classed as high fat and therefore ‘unhealthy’ and get excited about it, but this is what you will end up doing especially when it is low in carbohydrate as well. It is a good idea to familiarise yourself with the different types of labels.

Below you will see a very basic food label for Peanut butter, the 3 areas we look at are Fat, Carbohydrates and Protein.

Always look for Nutritional value amounts per 100g as shown here

Protein: Reasonable amounts of protein can be given on ketogenic therapies.

Carbohydrates: You are looking for the smallest amounts you can find for a product.

FAT: Plenty of this is required on all versions of ketogenic Dietary Therapy so look for the highest amount you can find in a product.
Most Nutritional labels in the UK give values in 100g and these are the ones you need to look at especially if you are planning on entering them into the EKM (Electronic Ketogenic Manager).

With those food labels that don’t give 100g values and just quote portion sizes, you will have to use the information given in order to check the carbohydrate amounts. **Do NOT** enter portion size amounts into the EKM.

An example of this kind of food label is below and it is an American type of food label and is also used on a lot of pre-made low carbohydrate products.

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### Net Carbohydrates and Total Carbohydrates

This can be a source of confusion to start with especially when reading food labels. For those of you looking to purchase low carbohydrate products then you will often see some advertised as ‘Zero Carbs’ but when you actually read the label they do have carbohydrates in them.

TOTAL carbohydrates is referred to as the TOTAL amount contained within a food, the NET carbohydrates refers to the total amount of carbohydrate less fibre and usually also the sugar alcohols contained within the food. The reason for removing dietary fibre and sugar alcohols from the carbohydrate levels is because there is apparently no impact on blood glucose levels from these two components, so in theory they should be safe to consume without affecting ketone levels. However for
Ketogenic Dietary Therapies we only remove the fibre content from the carbohydrates and we DO include sugar alcohols so we would not recommend eating a lot of so called ‘zero’ carb products. We have found patients to be sensitive to sugar alcohols and for ketosis to be reduced. Please also be aware that sugar alcohols can cause stomach cramps and frequent visits to the loo in some cases.

We are very fortunate in the UK that most of our labels already have fibre removed from the total carbohydrates as shown in the example below:

<table>
<thead>
<tr>
<th>NUTRITION INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Typical Values</td>
</tr>
<tr>
<td>per 100g</td>
</tr>
<tr>
<td>per 200g serving</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Energy</td>
</tr>
<tr>
<td>420kJ/1000kcal</td>
</tr>
<tr>
<td>850kJ/2000kcal</td>
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<tr>
<td>Protein</td>
</tr>
<tr>
<td>22g</td>
</tr>
<tr>
<td>44g</td>
</tr>
<tr>
<td>Carbohydrate</td>
</tr>
<tr>
<td>60g</td>
</tr>
<tr>
<td>100g</td>
</tr>
<tr>
<td>(of which sugars)</td>
</tr>
<tr>
<td>(6.2g)</td>
</tr>
<tr>
<td>(9.4g)</td>
</tr>
<tr>
<td>Fat</td>
</tr>
<tr>
<td>6.3g</td>
</tr>
<tr>
<td>13.9g</td>
</tr>
<tr>
<td>(of which saturated)</td>
</tr>
<tr>
<td>(0.6g)</td>
</tr>
<tr>
<td>(1.2g)</td>
</tr>
<tr>
<td>Fibre</td>
</tr>
<tr>
<td>0.2g</td>
</tr>
<tr>
<td>0.4g</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>0.0g</td>
</tr>
<tr>
<td>1.2g</td>
</tr>
<tr>
<td>Salt equivalent</td>
</tr>
<tr>
<td>1.6g</td>
</tr>
<tr>
<td>3.2g</td>
</tr>
</tbody>
</table>

Carbohydrates shown with fibre already removed from the total amount

Fibre shown separately from the Carbohydrates

If you are confused at all about using any low carbohydrate products or if you have any further queries regarding the use of Net Carbs and Total Carbs, please discuss fully with your dietitian.
**Ketogenic Traffic Light System**

Some supermarkets operate the traffic light system of red, amber and green and you will normally find these on the front of the food package, these are to give you an indication of how healthy a product is for you – please ignore these and just read the Nutritional Food Values labels.

A traffic light system is a very simple method for us all to use and for Ketogenic Dietary Therapies it is no different. There are only 3 things you need to remember:

- **CARBOHYDRATES – STOP AND THINK**
- **PROTEIN – PROCEED WITH CAUTION**
- **FAT – GOOD TO GO**

You will find these colours used a lot throughout our teaching packs and literature but these are NOT to be confused with those found on general supermarket shopping packs of food and ready meals.

**Useful Equipment to get you started:**

**Matthew’s Friends Starter Packs** - Free to families in the UK and Ireland either through your dietitian or directly from us – [ketokitchen@matthewsfriends.org](mailto:ketokitchen@matthewsfriends.org)
**Electronic Scales**

These are freely available in the Matthew’s Friends starter packs and they are 1g scales. If you want travel scales or smaller increment types of scales then we suggest digital pocket medical scales which are available online from various suppliers. Prices can vary and it will be down to your personal budget as to the type you choose.

Also note the maximum weight your scales go to as you may wish to weigh the ingredients in the actual pan you are using to cook with, I would advise that you get one that CAN manage this.

N.B. For scales to weigh accurately, they should be on a completely level surface and well away from televisions, radios, mobile phones etc. Also a good idea to spray them with an anti static spray occasionally. If you decide to get yourself a better set of scales than your basic starter one, then consider getting one with a mains adaptor – you will save a small fortune in batteries!

Use them before starting the diet and familiarise yourself with them. It is always a good idea to feel comfortable with your equipment beforehand. When you first use them (or change the battery), turn them off and on a few times beforehand, as you may find that if you leave something on them for a while the weight seems to increase. Weigh your ingredients and then take them off the scales, don’t keep going back to them – you will only worry if the weight has increased.

**Spare Batteries for your Scales.**

ALWAYS make sure you have one or two spare sets of batteries in the house. Through bitter experience we can guarantee that when your batteries go you will be in the middle of weighing out a meal and in a rush. Also, don’t believe the ‘battery low’ signal it really means ‘battery gone’ and panic WILL grip you!

**Small Plastic Containers.**

Get yourself a few of these – always very useful. You can batch meals up and freeze them to use at a later date. Don’t buy too bigger boxes – or the amounts will look pitiful and they will also take up a lot of unnecessary room in your freezer. Your kitchen WILL become over run with small boxes and you WILL have a ‘pleased to see you cupboard’ (you know the one, you open the door and loads of stuff falls out at you – it will be small plastic boxes!)

**Freezer Bags.**

Also very useful for ‘batching up’ and preparation. For example, weighing up individual meat portions and maybe adding a butter portion to it so when next
preparing a meal you just have to pull out a bag and defrost it and you know that the meat and butter are already weighed. You can do the same with fruit/vegetable portions and also cooked muffins so you can just pull out what you need, when you need it. Your freezer will become your best friend whilst doing the ketogenic diet.

**Plastic Spatulas**

A couple of these are a good idea. These ensure that you can scrape every last bit out of the bowl or pan you are cooking from.

**Small Frying Pan**

These are extremely useful and it doesn’t have to be an expensive one – but does have to be non-stick. Ikea sell small non-stick frying pans for £2 each. One of these will always be in your Matthew’s Friends Starter pack.

**Small Plastic Bowls**

Use these to replace the large bowl for the scales. The amounts of food you will be weighing will look very small in those large bowls and it is easier to scrape out a small bowl than a large one.

**Small Cool Bag and Ice Pack.**

For any packed lunches – be it for school or days out.

**Freezer Labels and Permanent Pen.**

These are extremely useful as you can write out if the meal/item needs anything adding to it and when it was made.

*DON’T rush out and buy very expensive equipment for doing the diet especially when you are starting out. Some people choose to buy ice-cream makers, bread makers etc, but you really don’t need any of this. The diet is basic, unprocessed foods and mostly you will be frying or baking. Keto Ice-cream can be made easily in a bowl, in the freezer with some stirring periodically. Once you are established on the diet then maybe you will want to invest in some better scales or some new equipment but please don’t worry about this to start with. Keep it simple and everything to get you started is included in your Matthew’s Friends starter pack – so make sure you get one.*
SHOPPING FOR THE DIET

BE AWARE that by using a lot of products from low carbohydrate stores it will increase the cost of the diet quite considerably for you and you may already be buying more cream, vegetables, fruits and ground almonds that are not normally on your list. If you add product from specialist stores it will only increase the cost and it may not be suitable, so if you are looking at ordering some things, don’t order a lot of it in one go, it would be better if you try one thing at a time to make sure that it is suitable for your situation and it doesn’t have a negative effect on the diet. You can buy some small flavourings from supermarkets to try things out, but really try to keep it as simple as possible to start with.

The products we have suggested are not the only ones available and other similar product/brands may be preferable to you. Please read all labels carefully.

Suggestions for a Basic Starter List:

Butter
Double Cream
Mayonnaise – we recommend Hellman’s full fat branded product.
Eggs
Bacon
Mature Cheddar Cheese – DON’T buy pre-grated packs as they add carbs to it.
Oil – vegetable/olive oil/coconut oil
Cocoa powder
Hartley’s Sugar Free Jelly
Sweeteners – Hermesetas liquid or tablets (in your starter pack)
Squash/water/diet fizzy drinks – we recommend less than 0.4g carb per 100mls
Mince
Mushrooms – absorb fat very well and also good on quantity.
Spring Onions – lower in carbohydrate than onions.
Green Peppers – lower in carbohydrate than red, yellow or orange peppers
Salad Vegetables
Celeriac – good replacement for potatoes.
Dried Mixed Herbs & garlic granules.
Berries – excellent low carbohydrate fruits – you can always use the frozen packs of them as well which are more cost effective.

Toiletries:

Toothpaste: Go for a Baking Soda Variety (Arm & Hammer is good) or there is a ‘Toms of Maine – silly Strawberry’ that is also good to use.

Suncream/Shampoo
Or Shower Gel: Any variety is fine but if all other dietary avenues have been exhausted when fine tuning, try a lower carb version of the creams that you use to see if it makes any difference.
“It is highly unlikely that these products will make any difference to ketone levels and all dietary/medication investigations should be made first when fine-tuning. The medical board will keep checking the evidence and if things change then we will change our advice – but at this time, other than toothpaste which can easily be swallowed, we do not make specific recommendations on brands to use. Please also be aware that in hot weather those with intractable epilepsy can be more prone to having seizures due to intolerance to heat and/or being extra tired or needing extra fluids. Children especially can be more active in the good weather, make sure any drop in ketones is not due to needing extra calories. Some syndromes are also very temperature sensitive.”

Professor Joerg Klepper
Children’s Hospital, Aschaffenburg, Germany
Matthew’s Friends Medical Board – Glut 1D

WHEN ESTABLISHED ON THE DIET...

When your confidence builds and you want to expand your menus by possibly baking your own cakes, biscuits, breads etc, then we would recommend the following to be added to your lists:

Coconut Flour

Check the different brands available and always make sure it is unsweetened, pure, ground coconut. East End and TRS brands are the ones we usually recommend depending on what is available in your area. Be careful of other brands because they mix the coconut flour with ordinary flour – so always make sure you check your brand and enter the amounts into your mealplanner. If you have problems obtaining these low carbohydrate brands of coconut flour you can buy unsweetened dessicated coconut and grind it down in a coffee grinder or a small blender.

Shirataki Noodles (or Miracle Noodles/Skinny Pasta/Slim Pasta, Rice etc)

They could be called some other names too and come in different forms and be called rice, pasta or noodles as they are becoming increasingly popular and more available. Their texture is slightly rubbery and they don’t have a flavour of their own, but they pick up the flavour of the broth or other ingredients in the dish in which they are simmered. These are packaged in water and should be drained and rinsed thoroughly before use. Don’t be put off by the texture or the smell when you open
the packet, after rinsing the smell does go – they can be great to use and make a fabulous pasta/rice noodle replacements. Some are labelled as being carb free as they are classed as pure fibre – but check with your dietitian how much of this product you can use in each meal. Always read the labels of these types of products – some of them have ‘added ingredients’ which means they do have some carbohydrates in them. Check the brand you buy.

**Baking Powder**

This is good to add to your baking for a better texture and rise – if you by the Barkat variety or Tesco Gluten Free variety then it is carb free and you can use a little of it without counting it.

**Ground Almonds**

Another good substitute for flour if you can’t get coconut flour, it is good for baking muffins, biscuits and waffles.

**Tinned Vegetables**

This may sound unpleasant but if you have someone that likes ‘bigger’ portions then tinned vegetables can be lower in carbohydrates than fresh ones – so you can have more of them to give the appearance of more food, especially if you are adding them to a stew, shepherds pie or something similar. Supermarket own brands can also be lower in carbs too – so read your labels.

**Salami** – good snack food and has a nice strong flavour, so a little goes a long way.

**Chorizo** – again a tasty ingredient to use that has a strong flavour.

**Linwoods Flaxseed**

These are great to use for baking and are really low in carbs – however sometimes it is best if you soak them for a while in water – especially if you are using them for
making bread – it can give a softer texture which some people prefer. These can be purchased online or in some health food shops.

**Supermarket Shopping**

In the UK we used to have 4 main supermarkets but with the new popularity and value of the budget supermarket, the reading of labels is becoming more important than ever. Below you will find some recommended branded products we have listed that may be useful to you. If you are buying the supermarket brand equivalents then always check the labels and the nutritional values could be different to what we have listed. Always go for the lowest amount of carbohydrates per 100g that you can find with the highest fat content.

**BUTTER**

We have shown one example above but most solid butter blocks are fine including the shops own brand, but again be careful with labels and check them regularly.

For butter you are looking for Fat values of 80g or more per 100g.

Some versions of spreadable butter can also be used but most margarine and butter substitutes are not high enough in fat so meals will have to be re-calculated to incorporate the version you need to use.

**DOUBLE CREAM**

Double cream is the main version we use in ketogenic dietary therapy and the version that is referred to on most dietary sheets from centres across the UK. You can use other high fat versions of cream such as Clotted Cream or Jersey Cream but always check the carbohydrate content.

For Double cream you are looking on the label for Fat values of 47g per 100g and above.
N.B. Nutritional values of double cream can change, in some cases from season to season. We recommend that you check the nutritional values of the cream you buy frequently especially if you buy from a farm shop. If you use a meal planner such as EKM then you will need to enter the values into the programme and keep them updated. Do not use the values already listed in the programme, the chances are they will be different.

**Anchor Extra Thick Squirty Cream**

A good one to throw in a bag if you are eating out especially squirted on top of a pot of sugar free jelly or to go on top of a black coffee at the end of a meal. Also good to use with berries as another type of pudding.

**Rodda's Clotted Cream**

Clotted Cream is very high in fat so a real good option for the ketogenic diet. If you buy a supermarkets own brand enter your own brand into your meal planner.

**CREAM CHEESE**

Cream Cheese is excellent to use as a sauce (just need to water it down slightly) and can add flavour to a meal. Don’t use the ‘light’ versions, always make sure you use full fat or ‘original’ and if you buy the shops own brands read the labels to make sure that they are similar to the branded products.

**Philadelphia Cream Cheese**
Boursin Cream Cheese

This is a lovely cheese to use for sauces – especially good over chicken – again you will need to water it down slightly which you could do with water or some of your prescription products such as Liquigen/Betaquik/MCT oil (MCT diet). You could always add some extra butter to it as well or olive oil if you need more fat.

**MILK & MILK TYPE PRODUCTS**

Soya milk is a very good option especially if wanting to make sauces or even having a milk type drink or use in coffee or tea if you don’t want to use double cream.

**Alpro Light Unsweetened Soya Milk**

This is a great milk to use if you are on a Modified Ketogenic Diet where your protein is not restricted so much. Very low in carbohydrates. On more restricted versions of the diet then of course, protein does need to be counted – but a useful product to have. Does NOT mix well in coffee though – you are better off using double cream.

If Soya is a problem then unsweetened almond milk is also pretty low in carbohydrates and can be used.

**Total Greek Yogurt – Full Fat Variety**

This is a sensational thick creamy yogurt to use although it is heavy on the protein side if you are using a classical or MCT ketogenic diet. It is a great product for a modified ketogenic diet.
Actimel Peach and Mango 0% Drink

This is a good drink to have using a modified ketogenic diet and some kids like to be able to have this. Again a good way of hiding liquigen on the MCT diet.

**GRAVY & PUREE**

Knorr Stock Pot Range

Extremely low in carb they could be classed as free. Great to make gravy and add flavour and also good to hide liquigen/MCToil in to make an MCT gravy. There is also the Knorr ‘Touch of Taste’ range that are very low in carbs and good to use.

GIA Sundried Tomato Puree and Garlic Puree

These add great flavour and because they are crushed in olive oil they are lower in carbohydrates than most other puree’s.

**PEANUT BUTTER**

Whole Earth No Added Sugar Variety
This is about the lowest carbohydrate brand we have found so far. It is an excellent ingredient to hide more butter into as well. Use it to fill celery sticks for a lovely crunchy snack.

There are other nut butters available which have lower carbohydrates, such as almond butter. These can be purchased from low carbohydrate websites and some health food shops – please read the labels.

**SAUSAGES**

**Black Farmer Variety**

**Jimmy's Free Range Pork Sausages**

These are the lowest types of sausages we have found so far. You can always take out the sausagemeat from the skin and make meatballs from them which can make the portions look bigger.

**Herta Frankfurters**

These are extremely useful, low in carb and high in fat so a good option for snacks too. Can be chopped up and put in soups or used in creamy sauces with some Shirataki noodles (see Low Carb Brands list). There is also a chicken version of these and they are quite high in fat too.
Mattessons Smoked Pork Sausage

This can be used in a similar way to Frankfurters. Very useful to have in the cupboard and is good to use on top of keto pizzas or put into breakfast keto ‘quiches’ or omelettes.

**SUGAR FREE JELLY**

This is usually listed as a free food. Some supermarket brands of sugar free jelly is even lower than Hartley’s so make sure you read the labels and check. Morrisons Sugar free jelly crystals are good and are made with Sucralose sweetener which some people prefer, especially if their child is aspartame sensitive. Lidl’s also do a good sugar free version as well. You are looking for the lowest amount of carb when MADE UP with water.

N.B. Make sure you check the labels and buy SUGAR FREE and make sure the carb levels are low – you can see from the picture examples above that one says ‘Sugar Free’ and the other ‘No Added Sugar’ – make sure you read the labels to buy the right variety with the lowest carbohydrate levels.

**SQUASH/CORDIALS:**

- Robinsons Lemon Drink
- Sugar Free Vimto
We usually look for quantities less than 0.4g carb per 100g and lower when made up - so that will be the part of the label to look at when choosing cordials or squash. A couple of examples are shown above. Water is obviously the safest option and diet carbonated drinks are also allowed but again you much check the labels.

Some keto centres prefer it if you don't have caffeine and some people can be sensitive to some sweeteners so please discuss these details with your dietitian.

ASDA do a basic or value ranges of Squash drinks that seem to be a good variety to chose for carbohydrate levels but please check the labels on the different flavours.

![Examples of squash drinks](image1.png)

Also the Value Range of some of the squashes in Tescos, Morrisons and Sainsbury's are to good to use and there are also some Tesco Apple and Blackcurrant and Tesco Apple and Strawberry flavour drinks that are already made up and good for pack lunch boxes.

![Examples of squashes](image2.png)

**LOW CARBOHYDRATE WEBSITES & ORDERING ONLINE**

<table>
<thead>
<tr>
<th>Total Carbs:</th>
<th>INCLUDE Dietary Fibre and Sugar Alcohol amounts.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net Carbs:</td>
<td>EXCLUDE Dietary Fibre and Sugar Alcohol amounts.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ketogenic Dietary Therapies:</th>
<th>INCLUDE sugar alcohols</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>EXCLUDE Dietary Fibre</td>
</tr>
</tbody>
</table>

As with everything that claims to be ‘carb free’ please make sure you look at the small print. They could be referring to ‘net’ carbs and ‘total’ carbs and remember the difference in the labelling from usual UK supermarket labels.

Below you will find a few products that have been tried and tested by the team at MF and found to be quite useful for those on Ketogenic Dietary Therapies but there are many others available.
PLEASE BE CAREFUL OF THE SWEETS AND CHOCOLATES that claim to be ‘carb free’ – they contain a lot of sugar alcohols which we don’t tend to use too much of in medical Ketogenic diets and they can cause stomach cramps and in some cases a very upset stomach with many visits to the toilet. As with all new products please check with your dietitian and keep strict records when using these products to see if it affects ketosis.

**Da Vinci Syrups**

There are a huge amount of flavours available in the sugar free variety of these syrups and they are great for flavouring drinks, cakes, biscuits.

**Chocolate Syrup**

Also good to use sometimes to go on waffles, pancakes and flavouring drinks etc.

**Pork Crunch**

These are extremely high in protein so won’t be suitable for the more traditional types of ketogenic diet but are good for the modified version. You can buy pork scratching from most supermarkets and they are a good snack for those on a
modified diet. You can also crumb these and use them to coat chicken as a crispy coating for fried chicken.

**Walden Farm Syrups & Ketchup**

These Syrups and Ketchup are listed as having No Carbs, Fat or Protein contained within them – but again beware of the sugar alcohol content. There is also a low sugar/salt version of Heinz ketchup which some people find useful. Beware of the sugar alcohols though.

The above products are available from the following websites and Matthew’s Friends are pleased to announce that we have negotiated a discount code for all families wanting to order from them.

**www.lowcarbmegastore.com**

For a 10% Discount, please quote: Ketogenic

**www.carblife.com**

For a 10% Discount please quote: MFC2015 and write ‘Matthew’s Friends’ in the special Instructions box when your place your order. This will help them keep stocked with the most popular items.
Pre-prepared Meals and Snacks:

www.the-natural-low-carb-store.co.uk

For a 15% Discount on orders please quote: Friends15

A lot of ready meals are high in sugar and additives of all kinds. Matthew’s Friends are very pleased to be working with Natural Ketosis, a company who develop ketogenic foods with no artificial additives, sweeteners, flavourings or colours.

The company started in the field of weight loss and have a lot of experience in using ketogenic diets but are now working with us to help provide everyday solutions for those on Medical Ketogenic Diets (which can be quite different from the weight loss versions – so please do not mix them up). They can deliver meals and snacks all over the country and you order directly from them through their Natural Low Carb store. Their foods are more suited to the modified types of diets and can be very useful for adults.

We have also tested their products and have found their dark chocolate mousse to be excellent to hide MCT oil and other MCT products and this pudding also makes a great ice-cream when frozen too.
BEWARE OF HIDDEN CARBOHYDRATE

An item with one of these ingredients on the label contains some carbohydrate and may need to be avoided OR the carbohydrate calculated into the diet

- Cereal
- Corn starch
- Corn Sweetener
- Corn Syrup
- Corn Syrup Solids
- Flour
- Fruit Extract
- High Fructose Corn Syrup
- Hydrogenated Starch Hydrolysate
- Invert Syrup
- Malt Sugar
- Molasses
- Sorghum
- Starch
- Sugar
- Sugarcane
- Syrup
- Dissaccharide
- Monosaccharide
- Polysaccharide
- Dextrose
- Fructose
- Galactose
- Glucose
- Lactose
- Levulose
- Maltose
- Mannose
- Polydextrose
- Sucrose
- Xylose
- Dextrin
- Glycerin
- Glycerine
- Maltodextrin
- Glycerol
- Mannitol
- Sorbitol
- Xylitol

Normally we don’t recommend using sugar alcohols on Ketogenic dietary therapies, although some people can use them and it doesn’t affect ketones or seizure control. However, we strongly suggest you discuss this subject with your dietitian and if you do use them in ‘treats’ or some pre-packaged convenience foods then try not to use too many and keep a careful check on things. If there is deterioration in control and/or general wellbeing then we would suggest you withdraw from using any convenience products and strip the diet back to basics to make sure that any of products that are being consumed are not having a negative effect on the diet.
Contact Details:

Matthew’s Friends
@Young Epilepsy
St. Piers Lane
Lingfield
Surrey RH7 6PW

Telephone: 01342 836571

www.matthewsfriends.org email: enq@matthewsfriends.org

All our publications are reviewed by members of the Matthew’s Friends Medical Board and are correct at the time of writing. Any reproduction of our information booklets or contents requires the permission of Matthew’s Friends.

PLEASE DO NOT MAKE ANY CHANGES TO YOUR DIET WITHOUT SPEAKING TO YOUR DIETITIAN FIRST.

Chef Neil and Ketocook ‘Mo’ in the MF Ketokitchen

Also available:

Matthew’s Friends Clinics Ltd for Ketogenic Dietary Therapies

www.mfclinics.com