CELEBRATING 15 YEARS OF THE CHARITY
New Matthew’s Friends branch launched in Holland

We are delighted to announce that on Friday 11th October the first meeting took place of Matthew’s Friends Nederlands/Flanders in Utrecht.

This meeting was led by Elles Van Der Louw, a very experienced Ketogenic dietitian whom we have worked with over a number of years and our CEO and Founder Emma Williams. Emma flew out to attend the meeting and give an overview of what Matthew’s Friends provide here in the UK and Internationally and how MF Nederlands/Flanders will fit into that role to carry on the mission in their region.

The meeting consisted of the Managing Board and Medical Board with strategies being discussed and put in place to start the process of instructing lawyers and officially registering the branch in Holland and deciding on the initial goals of the group.

Emma said “It was wonderful to join the group for this initial meeting and see such an enthusiastic group of professionals that were dedicated in providing the right support and information on Ketogenic Therapies in Holland and the Dutch speaking region of Belgium, not only for professionals but for families as well. I have known and worked with many of the Board over the past 15 years and there is a wealth of experience among them, I am so looking forward to watching this group develop and obviously Matthew’s Friends UK will support them as much as we can. I never thought all those years ago when I first shared Matthew’s Story that it would grow into something like this but I am very proud at what all the MF groups are achieving around the world and for me, it is Matthew’s legacy and makes what happened to him slightly more bearable, that we can help so many others in his name.”

Matthew’s Friends Nederlands/Flaunders join the UK, Canada and New Zealand groups.
CONSIDER A MEDICAL KETONIC DIETARY THERAPY

Matthew’s Friends
KetoCollege

PRESENTS

ONLINE TUTORIALS
FOR MEDICAL PROFESSIONALS

A series of 11 films by some of the leading Ketogenic Diet specialists and practitioners.

THESE FILMS INCLUDE:

- Introduction to Ketogenic Dietary Therapies
- When to use Ketogenic Therapies for both Children and Adults
- How to calculate and manage the different types of diets available.
- Monitoring and possible side effects
- Initiation and discontinuation of ketogenic dietary therapies and what makes a good Ketogenic centre.

Also available is an online confidential forum to accompany the films, for ongoing support from the Mentors.

For more information on how to access these tutorials please visit www.matthewsfriends.org/ketotraining

The 13th EPNS Congress 2019 was titled: ‘Pediatric Neurology and Rare Diseases: Genetics & Environment, Progression & Transition.’

The congress was held in Athens and attended by 1700 Pediatric Neurology experts from across the globe.

EPILEPSY SESSIONS KEY HIGHLIGHTS:

The main program at EPNS started with a plenary session on Emergency Neurology. In the Status Epilepticus presentation, Dr Lieven Lagae mentioned the ketogenic diet in patients with refractory and Super Refractory Status Epilepticus as ‘a treatment option with very promising results.

The program hosted an interactive early morning teaching seminar on the ketogenic diet presented by 2 local experts: Prof Athanasios Evangelou and Prof Argirios Dinopoulos. The lecture included the Ketogenic diet treatment (KDT) basics, in line with the consensus guideline by Kossoff 2018, current evidence and the Mode of Action of the ketogenic diet.

As a follow up on this teaching seminar, Nutricia Ketogenics hosted a Q&A session with Prof Stéphane Auvin at our booth, which attracted an impressive interest with targeted, clinical management questions, highly connected to Ketogenic diet treatment in the (P)ICU.

In the main program next day, Prof Helen Cross presented on Unstable epilepsy and cluster seizures. She discussed the impact on quality of life (QOL), which depends on overall frequency of seizures and severity of the cluster. This situation can increase emergency room visits and can evolve into status epilepticus. She presented 3 cases and discussed treatment options in each, with a prominent role for the KDT as a treatment option in one of them, based on ‘the ketogenic diet improves recently worsened focal epilepsy’ paper, Villeneuve 2009.

In a symposium on management of Lennox Gastaut Syndrome (LGS), Prof Stéphane Auvin discussed non-pharmacological treatment options. He showed the evidence for KDT in LGS and made an interesting overview of the pro’s and con’s of KDT versus VNS treatment, with highlights on the time to response versus (earlier in KDT) the restrictiveness in daily life of KDT.

With this increasing attention for the ketogenic diet as a valued treatment option in epilepsy, the need for education is increasing significantly. At the Nutricia booth, Matthew’s Friends invitations for the Ketocollege 2020 and Global Conference at Brighton were very popular and highly appreciated by the delegates.
Meet Elaine Rogers

Elaine is an adult patient from our clinics – she is a remarkable lady with a wicked sense of humour and a MASSIVE inspiration for others. She sent us her story and because of space we have had to edit it somewhat, but I urge you to go onto our website and read the whole story and then come back and tell us that you didn’t laugh out loud and cry! Elaine is also a regular contributor in our MF Facebook forum for Families and is a great support to others as well as cheering up your day with her wonderful posts in amongst the serious issues obviously.

Visit our website to read more stories at: https://www.matthewsfriends.org/about-us/our-stories/ and if you would like to submit your story on our website please do so and you could also be featured in our newsletters so as to inspire others.

Don’t blame the butter for what the bread did!

I am a real person with all the usual problems of grey roots, forgetting my list for shopping, not remembering a really important event or leaving money in the bank machine.

However that would have been far too easy for the likes of me. Instead I had intractable epilepsy and had turned into a pharmaceutical junkie. I walked out in front of cars, fell off pavements, couldn’t ride my bike and had to ask people to put the £1 pound coin into the trolley because I couldn’t work out how to do it. Seventeen different drugs in various combinations, 24 stitches in my scalp, broken ribs, lost career and tragically the deaths of my two little baby boys, Conor & Liam and then people would look at me, happy, positive, full of life, definitely not someone with that terrible ‘mental’ disorder - epilepsy and yet I was dying each day that I slid out of the bed into an abyss.

August 2016 was my pivotal moment. I was very unwell. I had to go to bed. My muscles were moving involuntarily. I had been awake constantly for days I couldn’t close my eyes. Every drawer in my brain was banging open and I was being bombarded with images, yellow triangles, the signature of my plumber and a constant barrage of unrelated pictures as well as seeing inanimate objects moving. My children, dogs and husband tried to distract my mind to see would the other things settle. However my conscious mind was unravelling and I was rapidly losing my capabilities to function.

I was carried downstairs by my wonderful husband. He sat me into a chair and I felt forward. One of my wee ones decided that I needed to go back to lie down. And then, everything stopped working. I crumpled & couldn’t talk. An ambulance was called. I was locked into a body that wasn’t responding. I told myself to stay calm and breath. When I came out of hospital after a number of days I had two sticks and had to learn how to do things again.

I felt locked into my body. No one knew what was wrong. I thought I must be mad. Now I needed a carer. I had to have someone tend to me. It was extraordinary. I came to the conclusion from all that I read that basically I was a diesel engine that required diesel and not petrol or my engine would blow. My engine had blown, almost destroying me because I hadn’t been fuelling up accordingly. It was time to try the Ketogenic Diet.

My diary for my start date contains all of the personal information as to why I needed to do this. I wrote it in very shaky, old ladies handwriting. One of the things I wrote was about being in the hospital not recognising my children & seeing my husband cry and not being able to hug him. My soul was shattered and I was broken. Down not out. I withdrew all sugar. Easy? Definitely not. Nature’s sweetie shop is fruit, chocolate & veg. The healthy plate, that had been the mainstay in our house, had to be psychologically binned. That’s difficult. I also had to think ketones, not calories or fat. If I wanted ketones to keep my brain happy then I had to fuel with intelligence and knowledge.

How long did it take? I had 49 years of neurological problems, physical damage and an emotional rollercoaster. I had developed a superficial positivity and was able to put on a façade of normality for short periods of time. So I expected an incremental improvement and was prepared to accept that it may be only an extra medication. No changes for 14 days and then, I just cannot explain what happened. I don’t even intend to try.

You will remain sceptical as you have not looked through my eyes. It is the complete antithesis of all that you have been told to think and yet we are born in a state of ketosis and our liver is adapted to produce enough ketones to keep our brain happy for a millennia. It is not a new concept. I am not unique. My neurological system was in a chemical storm. The best neurologists could not help, the pharmaceutical companies were making great money out of me, the NHS was sending out ambulances to my house and the Matthew’s Friends Clinic from my very exceptional neurologist, John Craig. He sorted everything out for me and the Matthew’s Friends Clinic from my very exceptional neurologist, John Craig. He sorted everything out for me.

The biggest hurdle I have had is the attitude of others. The biggest hurdle I have had is the attitude of others. People fall into two categories. The first completely ridicule a proven eating plan as being rubbish and want to argue a point or they want chemical pathways and their associated equations.

If life gives you lemons throw them away and get some Beyonce with a hoover. I was in everything & at everything. I withdrew all sugar. Easy? Definitely not. Nature’s sweetie shop is fruit, chocolate & veg. The healthy plate, that had been the mainstay in our house, had to be psychologically binned. That’s difficult. I also had to think ketones, not calories or fat. If I wanted ketones to keep my brain happy then I had to fuel with intelligence and knowledge.

The first thing that I noticed was this gentle calmness. I felt that someone had sang me a gentle lullaby. My whole system was tranquil, smooth & I was different. Week by week it progressed to a more stable brain.

The daily petit mals become more subdued. The interruptions in my thought processes hushed and then my seizures abated. No tablet had ever come close to what was changing within me.

Two weeks that’s all it took for these changes to begin. By three months I thought I could run a 4 minute mile and that I was a living, breathing, all singing, all dancing Beyonce with a hoover. I was in everything & at everything. Music recitals, drama, talks, & a maths O’level. I did puzzles for fun. I even went to hear talks by barristers. No more inertia. I could look at stars without falling over. I laughed with a joy that I hadn’t felt for a long time. I was alive and really couldn’t believe it. As far as my Pilates class, well I can do things now that I would never have dreamed off. My instructor is astounded. I offer my help to anyone who needs it because I can now. Each person I talk to, spiders that hide, twinkling stars, walking in the wet grass with no shoes on. It is all so fantastic. I am not jaded like others my age. My life is exciting even in the innocuous moments. My mantra now is the Robbie Williams song “I Love my life”. I also got the financial funding to travel from NT to Surrey and the Matthew’s Friends Clinic from my very exceptional neurologist, John Craig. He sorted everything out for me in a wonderful way. I am forever indebted to him and all others involved.

The NHS has invested extraordinarily wisely. No ambulances, no bed blocking, no video monitoring & two drugs taken away. No matter who you speak to no one will entertain the idea that this is coincidental. Inspector Morse entertains the idea that this is coincidental. Inspector Morse entertains the idea that this is coincidental.

The NHS has invested extraordinarily wisely. No ambulances, no bed blocking, no video monitoring & two drugs taken away. No matter who you speak to no one will entertain the idea that this is coincidental. Inspector Morse entertains the idea that this is coincidental.

The biggest hurdle I have had is the attitude of others. People fall into two categories. The first completely ridicule a proven eating plan as being rubbish and want to argue a point or they want chemical pathways and their associated equations.

If life gives you lemons throw them away and get some bacon. No scrap that whee idea. A steak, a bbq, a man to cook it and not forgetting a teenager to wash up with reluctance. That is the moment that you laugh loudly like a MAD girl.
CONGRATULATIONS ELLIOT
From us all at Matthew's Friends.

We were delighted to receive this picture from Elliot McEwan on his graduation day where he successfully completed his Honours Degree in Human Nutrition & Dietetics.

Elliot’s dissertation was entitled: ‘A Review of the Role of the Ketogenic Diet in Reducing Seizures in Neuro-Genetic Conditions with a Focus on Dravet Syndrome Combined with Designing a Case Study Orientated 4-Week Medium-Chain Triglyceride Ketogenic Diet’ and we were delighted to be able to support him with this project. This illustrates one small part of our ongoing education support work for those wanting to work in the medical ketogenic diet field. We work with several medical schools and university dietetic programmes to ensure that the ketogenic diet is given the focus it deserves. A HUGE WELL DONE to Elliot and we look forward to him hopefully becoming a ketogenic dietitian of the future!

Elliot has agreed to be involved in our ongoing education support work for those wanting to work in the medical ketogenic diet field. We work with several medical schools and university dietetic programmes to ensure that the ketogenic diet is given the focus it deserves. A HUGE WELL DONE to Elliot and we look forward to him hopefully becoming a ketogenic dietitian of the future!

Scottish paper highlights the importance of testing children for genetic epilepsies.

Work in Scotland has been carried out over a 3 year study period proving that early genetic testing of children presenting with prolonged and complex seizure conditions should be done earlier rather than later so that precision treatment can be put in place and resources can be more targeted.

One area in particular is in the Glut 1 population where this paper suggests that the minimum incidence levels are 1 per 24,300 live births. We know how important the Ketogenic Diet is for this particular group of patients and this again goes to prove why we need these services in our hospitals especially in our adult community as well as paediatrics. Well done to all the teams in Scotland that carried out this important study.

The Abstract of the paper is here but if you want to read the full paper then please click on the link as it is freely available to all:

For the full paper please visit: https://academic.oup.com/brain/article/142/8/2303/5532195

Scottish paper highlights the importance of testing children for genetic epilepsies.

Incidence and phenotypes of childhood-onset genetic epilepsies: a prospective population-based national cohort

ABSTRACT

Epilepsy is common in early childhood. In this age group, it is associated with high rates of therapy-resistance, and with cognitive, motor, and behavioural comorbidity. A large number of genes, with wide ranging functions, are implicated in its aetiology, especially in those with therapy-resistant seizures.

Identifying the more common single-gene epilepsies will aid in targeting resources, the prioritization of diagnostic testing and development of precision therapy. Previous studies of genetic testing in epilepsy have not been prospective and population-based. Therefore, the population-incidence of common genetic epilepsies remains unknown.

The objective of this study was to describe the incidence and phenotypic spectrum of the most common single-gene epilepsies in young children, and to calculate what proportion are amenable to precision therapy. This was a prospective national epidemiological cohort study. All children presenting with epilepsy before 36 months of age were eligible. Children presenting with recurrent prolonged (>10 min) febrile seizures, febrile or febrile status epilepticus (>30 min); or with clusters of two or more febrile or afebrile seizures within a 24-h period were also eligible. Participants were recruited from all 20 regional paediatric departments and four tertiary children’s hospitals in Scotland over a 3-year period. DNA samples were tested on a custom-designed 104-gene epilepsy panel. Detailed clinical information was systematically gathered at initial presentation and during follow-up.

Clinical and genetic data were reviewed by a multidisciplinary team of clinicians and genetic scientists. The pathogenic significance of the genetic variants was assessed in accordance with the guidelines of UK Association of Clinical Genetic Science (ACGS). Of the 343 patients who met inclusion criteria, 333 completed genetic testing, and 80/333 (24%) had a diagnostic genetic finding. The overall estimated annual incidence of single-gene epilepsies in this well-defined population was 1 per 2120 live births (9.2/100 000; 95% confidence interval 6.9–13.0), SCN1A was the most common single-gene epilepsy with an incidence of 1 per 9970 live births (10.0/100 000; 95% confidence interval 5.2–14.8) followed by SCN1B per 10 200 (8.2/100 000; 95% confidence interval 2.8–13.6), KCNQ2: 1 per 17 000 (5.89/100 000; 95% confidence interval 2.24–9.56) and SLC2A1: 1 per 30 000 (4.13/100 000; 95% confidence interval 1.07–7.19). Presentation before the age of 6 months, and presentation with afebrile focal seizures were significantly associated with genetic diagnosis. Single-gene disorders accounted for a quarter of the seizure disorders in this cohort. Genetic testing is recommended to identify children who may benefit from precision treatment and should be mainstream practice in early childhood onset epilepsy.
Providing Ketogenic Dietary Therapies education and information far and wide...

It was lovely to see Matthew’s Friends funded dietitian Tracy Cameron featured on The Children’s Hospital BBC Scotland programme which aired recently. Tracy was talking about Ketogenic Diet and showing a Keto family how to make one of our Mo’s Mini loaf cakes – those recipe sheets are available from us should you want one.

Matthew’s Friends at Westminster for meeting of influential brain tumour group

The 16th July 2019 saw Emma Williams MBE and Susan Wood RD from the charity invited to attend and speak at Westminster for the annual general meeting (AGM) of the influential All-Party Parliamentary Group on Brain Tumours (APPGBT). They spoke about their work supporting brain tumour patients using the ketogenic diet to manage symptoms. Also attending the event were patients, carers, researchers and representatives of charities including Brain Tumour Research which is a powerful campaigning organisation and represents the voice of the brain tumour community across the UK. Brain Tumour Research, of which Matthew’s Friends is a Member Charity, helped establish, and provides the ongoing Secretariat for, the APPGBT which published its report Brain Tumours A cost too much to bear? in 2018. Led by the charity, the report examines the economic and social impacts of a brain tumour diagnosis. Brain Tumour Research is also a key player in the development strategy for the Tessa Jowell Brain Cancer Mission.

Brain tumours kill more children and adults under the age of 40 than any other cancer yet, historically, just 1% of the national spend on cancer research has been allocated to this devastating disease. Emma highlighted Matthew’s story and the powerful impact the Ketogenic diet had on his seizures and also spoke about the charity and their partnership with Astro Brain Tumour Fund in providing ketogenic therapies for a case study series project.

Sue Wood our dietitian said: “There are currently limited options for brain tumour patients, so it is very rewarding to be supporting people to manage their symptoms using the ketogenic diet to live a better quality of life. “Less than 20% of those diagnosed survive beyond five years as compared with an average of 50% across all cancers. It is imperative we continue to call for greater support and action for research into what scientists are calling the last battleground against cancer.” For more information go to www.mathewsfriends.org and www.brain tumour research.org

The 2nd Dr. Schär international conference

20th and 21st September we were delighted to be invited to attend the 2nd Dr. Schär international conference on ketogenic diet - global potential and emerging applications held in Würzburg, Germany, with our charity information stand. The programme included talks from many experts in the Ketogenic Diet field, including Professor Eric Kossoff, Professor Jörg Klepper, Beth Zupec-Kania, Dr Mary Newport and Dr Cherubino di Lorenzo, to name just a few. Topics included the use of Ketogenic Diets for epilepsy, autism, the aging brain, migraine, cancer, diabetes and multiple sclerosis.

A great insight into the further potential of Ketogenic Diets beyond epilepsy and an opportunity to share with the delegates there, our Ketogenic Diet resources and details of the forthcoming exciting Keto conferences planned for 2020!
A paper published in Epilepsia (October 2019) by the team at The National Centre for Epilepsy in Norway gives more insight on the possible interactions between some Anti-Epileptic Drugs (AED) and the Modified Atkins Diet (MAD).

From their findings it seems that the Mean serum concentrations of Carbamazepine, Clobazam, and Valproate were significantly reduced after 4 and 12 weeks of the diet period with levels of Lacosamide, Lamotrigine and Topiramate being less reduced, whereas the serum concentrations of Oxcarbazepine, Zonisamide, and Levetiracetam were unchanged. The largest reduction in serum concentration was found for Clobazam.

A reduction in AED serum concentrations may counteract a seizure-reducing effect of the diet, and in patients without such an effect, it may cause seizure aggravation.

The paper recommends that clinicians who are treating patients with ketogenic diets monitor serum concentrations of the concomitant AEDs.

For the full abstract of the paper please visit: https://www.ncbi.nlm.nih.gov/pubmed/31602644

If you are taking any of the drugs above and are on any of the ketogenic dietary therapies available then we would suggest you speak to your neurologist about your medication levels, especially if you are just about to go onto a diet therapy or have very recently started one.

Who saw the ‘Spotlight on Brownies’ feature in our Summer Newsletter?

Well the lovely people from the London Keto Brownies have given us a handy 10% discount off of their tasty ‘Brownie Bites box of 7’. All the nutritional info is via this link and how to order. Use the code MF10 for your 10% discount!

They contain polyols. Please consult your ketogenic dietitian before adding in any new products.

Who saw the ‘Spotlight on Brownies’ feature in our Summer Newsletter?

We always love receiving your emails and photos and no one more so than our Ketocook Mo, who was sent this lovely picture of Angus with his birthday cake for which Mo had adapted her recipe so it matched Angus’s prescription requirements with a message from his mum Nicki:

“HI MO - HERE IS ANGUS WITH HIS CAKE. HE WAS DELIGHTED. THANK YOU TO YOU AND EVERYONE AT MATTHEWS FRIENDS.”

Happy Birthday cake for Angus
CHEESE NIBBLES

**INGREDIENTS**
- 29g Ultra fine fiberflour – from LONJEVITY FOODS / www.lonjevity-foods.com
- 12g Mature cheddar cheese – finely grated
- 2g Ground almonds
- 1g Butter
- You will also need a tiny pinch of salt.

**METHOD**
- Pre heat oven to 170c / fan 150c / gas 4.
- Mix together the fiberflour and ground almonds with a tiny pinch of salt.
- Roll out evenly, not too thin, between 2 pieces of parchment paper.
- Shape as preferred, I used an assortment of little festive cutters. Because they are not very big, they cook in approximately 12 minutes in a pre heated oven.

**MO’S TIPS**
- Divide the total recipe by the number of nibbles you make to make it easier to add to the daily meal allowance. These are handy to have available at parties as a replacement to crisps etc. I made 25 pieces so 5 pieces will be: 4.5g fat / 2g protein / 1g CHO

**KCAL:** 268
**PROTEIN:** 10.72G
**FAT:** 22.65G
**CHO:** 5.21G
**MKD:** 1G CHO PER 5 PIECES

FAT BOMB CHRISTMAS TREES

**INGREDIENTS**
- 17g Cocoa dark supreme – LINDT 90%
- 11g Cocoa butter – SEVENHILLS ORGANICS
- 30g Full fat soft cheese - PHILADELPHIA
- 4g Cocoa powder
- 4g Eggs
- 2g Ground almonds
- 1g Cocoa dark supreme –

**METHOD**
- Pre heat oven to 170c / fan 150c / gas 4.
- Reserve 20g of Philadelphia, the ICING, the Lindt chocolate and vanilla for topping.
- Beat together the butter, 10g Philadelphia and SUKRIN GOLD, vanilla for topping.
- Place in a greased baking tin and cook for approximately 20 minutes.
- Make the frosting by beating the Philadelphia and ICING until light and fluffy, adding vanilla extract or flavour of your choice.
- When cake is cold, top with the icing and sprinkle with grated Lindt chocolate, 1g seems like a small amount but looks a lot when grated!!

**MO’S TIPS**
- Use the butter and Philadelphia at room temperature. Mix the dry ingredients together before adding the butter mix. I used a 14cm x 7cm tin as it is easy to divide into two equal portions, but you can use any shape suitable for the amount of mixture. 
- This makes two snack portions. Can be frozen, also batches up to make a larger family size cake.

**KCAL:** 450
**PROTEIN:** 11.84G
**FAT:** 42.13G
**CHO:** 5.89G

CHOCOLATE CAKE WITH FROSTING

**INGREDIENTS**
- 20g Butter
- 28g Ground almonds - MORRISON'S
- 4g Cocoa powder
- 4g Eggs
- 30g Full fat soft cheese - PHILADELPHIA
- 4g Cocoa powder
- 28g Ground almonds -
- 20g Butter
- 15g SUKRIN GOLD sweetener,
- 10g SUKRIN or NATVIA
- 10g SUKRIN or NATVIA
- 10g BARKAT baking powder
- 2mls of liquid sweetener and a few drops of flavouring extract. Pour into moulds of your choice and set in the fridge.

**METHOD**
- Pre heat oven to 170c / fan 150c / gas 4.
- Beat together the butter, 10g Philadelphia and SUKRIN GOLD, then add the ground almonds, flour, Barkat baking powder, cocoa and beaten egg, mix well.
- Place in a greased baking tin and cook for approximately 20 minutes.
- Make the frosting by beating the Philadelphia and ICING until light and fluffy, adding vanilla extract or flavour of your choice.
- When cake is cold, top with the icing and sprinkle with grated Lindt chocolate, 1g seems like a small amount but looks a lot when grated!!

**MO’S TIPS**
- These recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he / she will help you to do this.
- PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

**KCAL:** 199
**PROTEIN:** 3.36G
**FAT:** 20.35G
**CHO:** 2.38G

**CLASSICAL 5:00:1 RATIO**
- CHO: 5.89G
- FAT: 43.13G
- PROTEIN: 11.84G
- KCAL: 450

SEASONAL RECIPES
FROM OUR KETOKITCHEN

Dark nights have arrived, it is time for the woolly scarves and gloves to come out and hibernation (of a sort) is quite common! This calls for movie nights on the sofa with something tasty!! Throw out those nasty carb loaded crisps and instead treat yourself to some lovely cheese nibbles, all freshly baked, followed by a Christmas Truffle or two! Don’t forget that we have a whole range of Christmas recipes on our website so pay us a visit and check out all the recipes available.

If you are looking for inspiration then please visit our website at the following link www.matthewsfriends.org/ketokitchen where you will find lots of Tried and Tested recipes for all the different types of ketogenic dietary therapy. They can all be downloaded freely and if you need any of them adjusting for your own prescription then please speak to your dietitian or email Mo here at ketokitchen@matthewsfriends.org. Pleas echeck product labels for values. These recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he / she will help you to do this.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

Please do not attempt any type of ketogenic diet without medical supervision.

KCAL: 5.89G
CHO: 2 SNACK PORTION
KCAL: 199
PROTEIN: 3.36G
FAT: 20.35G
CHO: 2.38G
CLASSICAL 5:00:1 RATIO

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

These recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION
SEASONAL RECIPES
FROM OUR KETOKITCHEN CONTINUED...

HARRY’S FISHCAKE (BY HARRY’S MUM)

INGREDIENTS
• 10g Cheese - mature cheddar (grated)
• 8g Coconut oil
• 14g Ground almonds
• 6g KetoCal 3:1 - unflavoured
• 4g Mayonannaise - HELLMANS
• 8g Coconut oil

METHOD
• Heat right through.
• Fry in the oil until browned on both sides, making sure they
individually in the reserved ground almonds.
• Put in the fridge for approximately 30 minutes to firm up
lightly mash with a fork, add the cheddar, tuna.
• Reserve 6g of the ground almonds. Boil the celeriac, then
and pepper.

INGREDIENTS
• 2g Garlic puree - GIA
• 25g Tuna – canned in oil (drained)
• 2g Ginger puree – VERY
• 3g Chopped and roasted
hazelnut - MORRISONS
HOMER BAKING

METHOD
• Chop the Lindt and cacao.
• Heat the cream in a small pan until it comes to a simmer.
• Chop the Lindt and cacao.
• Heat the celeriac, then
and pepper.

MO’S TIPS
• You can use any oil of your choice. Harry’s mum suggests
serving with spinach cooked in butter, you will need to
add it to the values of course.

CHRISTMAS TRUFFLES

INGREDIENTS
• 20g Cocoa dark supreme - LINDT 90%
• 10g Cacao butter - SEVENHILLS ORGANICS
• 2g Cocoa - BOURNVILLE
• 3g Chopped and roasted
hazelnut - SEVENHILLS ORGANICS

METHOD
• Return to the fridge to set completely.
• Put the cocoa in a small ramekin dish, add two truffles at a time
this).
• Put the cocoa in a small ramekin dish, add two truffles at a time
• I found a teaspoon of the mixture is just enough, there is no need
to make them perfectly round, they will still taste good!!
• Put the cocoa in a small ramekin dish, add two truffles at a time
and just swish them gently, they will cover quite well.
• Return to the fridge to set completely.

SUSHI

INGREDIENTS
• 50g Cauliflower
• 40g Scottish smoked salmon - MORRISONS SIGNATURE
• 3g Chopped ginger - VERY
LAZY BRAND
• 3g Roasted seaweed - NORI
SHEETS SUKINA BRAND
• 10g Olive oil

METHOD
• Mix 5g of the oil with the soy sauce to make the dip.
• Grate the cauliflower and then weigh it.
• Cook the cauliflower in the oil for 3 minutes, stirring to
prevent browning, then add the water; stir until the water has
evaporated, it will be tender but not overcooked.
• Set aside to cool. Slice the peppers into strips. The ginger is
already in strips, if you are using a different brand you may have
to cut it into strips.
• When the cauliflower rice is cold, place the Nori seaweed sheet on
to clingfilm, then lay the slices of smoked salmon over it, spread
the cauliflower rice on top, then add strips of peppers and ginger,
keeping them all going down the same way in lines.
• Use the clingfilm to help you roll it as tightly as possible in to
sheets. You can twist the ends of the cling film to form a ‘cracker’ shape and
place in the fridge for at least one hour.
• When ready to serve, carefully remove the clingfilm then cut into
6 pieces, you will need a VERY sharp knife. Serve with the dip.

MO’S TIPS
• You will also need some salt
• 30g Celeriac.
• 25g Tuna – canned in oil (drained)
• 2g Garlic puree – GIA
• 10g Cheese – mature cheddar
• 3g Chopped and roasted
hazelnut - SEVENHILLS ORGANICS

METHOD
• Chop the Lindt and cacao.
• Heat the cream in a small pan until it comes to a simmer.
• Chop the Lindt and cacao.
• Heat the celeriac, then
and pepper.

MO’S TIPS
• You can use any oil of your choice. Harry’s mum suggests
serving with spinach cooked in butter, you will need to
add it to the values of course.

CHRISTMAS TRUFFLES

INGREDIENTS
• 20g Cocoa dark supreme - LINDT 90%
• 10g Cacao butter - SEVENHILLS ORGANICS
• 2g Cocoa - BOURNVILLE
• 3g Chopped and roasted
hazelnut - SEVENHILLS ORGANICS

METHOD
• Return to the fridge to set completely.
• Put the cocoa in a small ramekin dish, add two truffles at a time
this).
• Put the cocoa in a small ramekin dish, add two truffles at a time
• I found a teaspoon of the mixture is just enough, there is no need
to make them perfectly round, they will still taste good!!
• Put the cocoa in a small ramekin dish, add two truffles at a time
and just swish them gently, they will cover quite well.
• Return to the fridge to set completely.

SUSHI

INGREDIENTS
• 50g Cauliflower
• 40g Scottish smoked salmon - MORRISONS SIGNATURE
• 3g Chopped ginger - VERY
LAZY BRAND
• 3g Roasted seaweed - NORI
SHEETS SUKINA BRAND
• 10g Olive oil

METHOD
• Mix 5g of the oil with the soy sauce to make the dip.
• Grate the cauliflower and then weigh it.
• Cook the cauliflower in the oil for 3 minutes, stirring to
prevent browning, then add the water; stir until the water has
evaporated, it will be tender but not overcooked.
• Set aside to cool. Slice the peppers into strips. The ginger is
already in strips, if you are using a different brand you may have
to cut it into strips.
• When the cauliflower rice is cold, place the Nori seaweed sheet on
to clingfilm, then lay the slices of smoked salmon over it, spread
the cauliflower rice on top, then add strips of peppers and ginger,
keeping them all going down the same way in lines.
• Use the clingfilm to help you roll it as tightly as possible in to
sheets. You can twist the ends of the cling film to form a ‘cracker’ shape and
place in the fridge for at least one hour.
• When ready to serve, carefully remove the clingfilm then cut into
6 pieces, you will need a VERY sharp knife. Serve with the dip.

MO’S TIPS
• You will also need some salt
• 30g Celeriac.
• 25g Tuna – canned in oil (drained)
• 2g Garlic puree – GIA
• 10g Cheese – mature cheddar
• 3g Chopped and roasted
hazelnut - SEVENHILLS ORGANICS

METHOD
• Chop the Lindt and cacao.
• Heat the cream in a small pan until it comes to a simmer.
• Chop the Lindt and cacao.
• Heat the celeriac, then
and pepper.

MO’S TIPS
• You can use any oil of your choice. Harry’s mum suggests
serving with spinach cooked in butter, you will need to
add it to the values of course.
Christmas Cards AVAILABLE NOW!

Designed exclusively for us by Oxted Artist and Matthew’s Friends supporter Melanie Barren, our Christmas cards are now available through our online shop or you can ring the office to place your order. Packs of 10 cards are priced at £4.50 per pack (plus P&P) with all profits going to help us continue with our work.

visit: www.matthewsfriends.org/matthews-friends-shop
SAVE THE DATE
6-10 OCTOBER 2020
7TH GLOBAL SYMPOSIUM
ON MEDICAL KETOGENIC DIETARY THERAPIES
COLLABORATIVE SCIENCE AND CLINICAL CARE

KEY DATES:
• Opening of Online Abstract Submission | 2nd March 2020
• Abstract Submission Deadline 26th June 2020
• Early-bird Registration Closes 30th April 2020

REGISTER INTEREST AT: GLOBAKETO2020@MATTHEWSFRIENDS.ORG

#KETO2020 WWW.GLOBAKETO.COM
Hospital Catering Team go ‘above and beyond’.

Catering team Joan (Diet Chef) & Kelly (Catering manager) at James Cook Hospital, Middlesbrough really went ‘above and beyond’ in trying to provide suitable items for a very poorly lady on ketogenic dietary therapy who was recovering from Status Epilepticus. Using our Colour & Shine Booklet and further recipes Matthew’s Friends have sent, Joan tested out the recipes to see what they could manage to produce and freeze and her manager Kelly supported her by shopping for the extra items that were required. They worked on having a keto options menu for this lady to choose from – it makes such a difference to people and you really are an inspiration to others (especially other hospital catering departments)!

They are pictured here with Dietitians Emma and Siobhan who were also brilliant at helping this lady recover and supporting Joan and Kelly with their endeavours.

We get some delightful feedback from people that have received a Keto Star award. They are usually overwhelmed and thrilled that their efforts have been recognised and appreciated.

If you know someone, a parent, friend, someone at school or even in a local restaurant that goes above and beyond then please do nominate them for their own Keto Star award!

The form can be downloaded from our website matthewsfriends.org or by following this link www.matthewsfriends.org/pdf/nomination_form_d.pdf

We love it when someone is nominated to get a Keto Star and, in this issue, we are following up on a nomination made in the Spring.

**Available to all new Ketogenic Diet patients!**

**OUR AMAZING FREE STARTER PACKS!**

Request from your specialist ketogenic dietitian or via our website below. Only available in the UK and Ireland.

https://www.matthewsfriends.org/matthews-friends-shop/

Click on FREE ITEMS FOR FAMILIES
Fundraising for Matthew’s Friends

There are so many people to thank that we can’t always do this individually in our newsletter, but please visit our website to read about all the fantastic activities and mad cap ideas our supporters do to raise money for us. A huge thank you to all of you. Please know that we are so grateful and it is you that make all the work we do possible. Please like and follow us on Facebook and Twitter @matthewsfriends for up to date news on all our events. Please support us and request an MF fundraising pack today from enq@matthewsfriends.org

TRACY’S 3-MARATHON CHALLENGE

Tracy Cameron, Matthew’s Friends funded specialist dietitian at Aberdeen Children’s Hospital, has completed the last of her 3-marathon challenge by taking part in the Crathes Half Marathon on 14th September.

We are immensely grateful that Tracy chose to support Matthew’s Friends in this incredible way. Here are a few words from the super-woman herself….

“Thank you to all those that sponsored me and spurred me on to complete 3 half marathons this year.
It was a pleasure raising money for Matthew’s Friends, and you never know - next time I might attempt a marathon!”

Tracy Cameron, Paediatric Dietitian Ketogenic Diet Co-Ordinator for the North of Scotland

Thank you so much for your dedication Tracy, both at work and on the run!

THANK YOU OXTED AND DISTRICT CHARITY DART LEAGUE

Huge thanks to the players and supporters of the Oxted and District Charity Dart League, for once again raising funds for our charity and donating £200!

“Hello Emma, Thank you so much for the email, Matthew's Friends have been absolutely amazing - Liz, Sue and Val have been so supportive (especially Val who saw me through some tears and worries). Olivia’s been on the diet 5 months now and the support and advice I’ve had has been incredible. I’m so glad you exist! We’ve still not got an allocated place on the NHS and due to the unusual nature of Olivia’s epilepsy I was keen to try the diet asap. I really just wanted to take this opportunity to thank you so much for being here for mum’s like me - your story is inspiring and Matthew is amazing.” Olivia’s mum.

Andrea & Neil participated in the Royal Parks Half Marathon to raise funds for Matthew’s Friends…

On the 13th of October Neil and myself completed the Royal Parks half marathon in aid of Matthew’s Friends.

This was an unbelievably hard challenge due to the fact we hadn’t trained for it and literally thought it would be a walk in the park (it wasn’t) at 9 miles my eyes were filled with tears and was ready to give up but after remembering why we chose to do this we completed it.

It was pure emotion that got me through it, it was thinking about all the other Glut 1 guys & girls out there who can just about make it through a day without feeling the terrible side effects of what this condition does to them, it was for the ones who need the support from Emma, Julie and the gang & this is why the tears still rolled down my cheeks not just because of the pain but also because we knew that the money we raised would help those who needed it most & we know how much they mean to everyone because if it wasn’t for them being on the phone for our cries of help I don’t know how my family would of survived.

We survived!!!

They did indeed and they are still smiling!

To date they have raised the magnificent sum of £1617.50 including gift aid, if you’d like to add to that total please go to http://www.justgiving.com/Andrea-Kenny-smith to donate.

Thank you so much Andrea & Neil for your dedication and support, we think you are both amazing!!

Emma Says “Although we know there should be NO waiting list for Glut 1 patients sadly this is still not the case. Ketogenic resources are limited and because more Glut 1 cases are being found, which is obviously a good thing, together with Glut 1 children growing in adults who still need ketogenic services, this is impacting on epilepsy ketogenic services. Andrea and Neil’s efforts have resulted in funding a child with Glut 1 to gain access to the diet immediately without having to go on a waiting list. This is just one example of how your fundraising can directly benefit other families and we are so grateful to everyone who takes the time and effort to fundraise for us.”

15th Anniversary Ball

Thank you to all our wonderful supporters and guests.

Thanks to you we are now able to fund the first year of a brand new Children's Ketogenic Diet Service at the Chelsea & Westminster Hospital in London.
If you would like to get involved and help us in any way, please contact the Matthew’s Friends office on 01342 836571, or email enq@matthewsfriends.org. Every penny helps us to make the difference to the many families and Ketogenic centres we support. Please help us to continue our work and extend our services through 2019 and beyond, thank you.