

Tips on managing a medical Ketogenic Diet during the Coronavirus pandemic

Although it is always nice to use fresh and organic produce where possible, we should think now particularly about **ACCESSIBILITY** and **AFFORDABILITY**. Here are some practical considerations for shopping, cooking and carrying on keto!

The following might prove helpful to you:

BATCH COOK AND FREEZE: Choose recipes that can be made in bulk, meals like all-in-one muffins, cakes, biscuits, as well as soups, stews and curries. Check out our website and YouTube channel for recipes.

BUY CANNED/JAR OR FROZEN FRUIT: ie low-carb berries and Rhubarb (please check that the fruits are in juice and not syrup if tinned) and vegetables, ie mushrooms, peppers, onions. Tinned vegetables are usually in water but some can be in oil. All these can be easily stored and you don't have to worry about accessing fresh if that ends up proving difficult. However, please remember to check the food values especially when using tinned produce as the carbohydrate levels can sometimes be lower in tinned varieties of fruit and vegetables as opposed to fresh or frozen. Always check the labels.



If you buy pre-frozen avocado it does stay green, if you freeze it from fresh at home it can discolour quite badly. The texture is not great and the flavour can change slightly but it would be fine for mashing and mixing with mayonnaise for a high fat dip or mix it with cocoa for a mousse.

BUY CANNED OR FROZEN MEAT FISH AND SEAFOOD:

Tinned ham is great for adding to omelettes, Tinned Corned Beef can be used for a Hash using Celeriac as a replacement for potatoes. Frozen fish and seafood can make quick tasty meals cooked in butter with dried herbs added for flavour. Smoked fish, such as smoked mackerel will have a longer fridge life than regular fish.



Remember that if you like to buy fresh, organic produce and you want to be able to store this, then freezing can still be a method you can use. Most fresh fruit and vegetables can be frozen with a little preparation and if you are unsure then Google has a wealth of information on how to do this. A couple of these website links are as follows: :

www.bbcgoodfood.com/videos/techniques/how-freeze-fruit-and-vegetables

www.tasteofhome.com/article/can-you-freeze-raw-vegetables-and-fruits/

Buy long-life fat options, such as coconut oil (you can buy brands that don't have coconut flavour if you wish, ie KTC brand), sachets of coconut cream, nut and seed oils, mayonnaise. If the shelves are bare of these then don't forget old favourites such as Beef Dripping and Lard which you can find in the chiller cabinets.

Don't forget to save the fat from the roasting joints (dripping) you do at home and keep it in a container in the fridge – all good to use for cooking and adding flavour too. Another positive is nothing goes to waste.

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Fresh double cream can be frozen if whipped first. Whole milk can be frozen and defrosted in the fridge (usually needs a good shake when defrosted). Long life versions can be bought of all the milks, including the plant based varieties such as Alpro Light soya milk, which can be kept in the cupboard.



Hard cheese, ie cheddar, can be frozen either in a block or after grating. The texture can be a bit crumbly after defrosting if you want to slice it.

Keep a stock of dried items for baking, such as ground almonds, flaxseed, psyllium husk, desiccated coconut and dark chocolate. A small goblet blender can readily grind whole nuts and seeds into an appropriate texture for baking.

Check out our short video tutorials, with titles that include 'Low-carb/keto omelette on a budget', 'Low-carb/keto risotto on a budget', 'Keto on a budget', 'Bread Rolls', 'Sausage Rolls' and 'Freezing Keto Food'. You can access ALL the videos here:

www.matthewsfriends.org/keto-kitchen/keto-cooking-channel/



Also, while you are checking up on your older relatives, don't forget to ask them their advice. Grandma's (and Grandad's!) are a wonderful source of information on how to store food and how not to waste anything as they certainly didn't have the choice we have now, so get them chatting! Let's face it, we have a Great-Grandma that runs our ketokitchen and she is AMAZING!

DO YOU HAVE A TIP TO SHARE? Please contact us at enq@matthewsfriends.org and we will share your tips on Matthew's Friends social media.

NEED SUPPORT, OR JUST A 'KETO FAMILY' CHAT?

Join our Facebook closed forum for parents/carers and patients on a medical Ketogenic Diet. Together we are strong! Complete the form here to join www.matthewsfriends.org/ketotraining-family-access/

If you are not a Facebook user, then our telephone support line is open. Please text your query to **07884 054 811**.



HAVING TROUBLE GETTING TO THE SUPERMARKET OR GETTING SUPPLIES?

Join your LOCAL Facebook groups. Many communities are organising help for vulnerable people and families during this crisis. Don't be afraid to ask for help for your child or loved one.

The general public may not always be aware of the ketogenic diet for medical purposes, but will always respond well when they understand that your child/loved one is on a strict specialist medical diet to help stop seizures.



KEEP IN TOUCH! "Once a Matthew's Friends, always a Matthew's Friend". A quote from one of our long-term Keto Mum's. We are here to help and support you, but as always, please consult your dietitian/medical team if you are unsure of anything, before adding any new products to your prescribed Ketogenic Diet or have any medical concerns at all.

Most of all, stay safe and keep well.

With love from the Matthew's Friends Team

Messages from our friends at Nutricia, Vitaflo and Ketocare



KETOGENICS

We know that many people rely on our products and we take this responsibility very seriously. We would like to reassure you that the availability of our products and the continuity of patient care through our Nutricia Homeward Service is a priority.

We are fulfilling orders as usual and have supplies for everyone who has been prescribed our products. Please continue to order your products in their usual quantities as this will help you, and everyone else, get regular, uninterrupted supplies.

We have been monitoring developments closely since the beginning of the COVID-19 outbreak and working hard to ensure the continuity of our products and services. We are in regular dialogue with our factories and suppliers so that we are in the best possible position to respond quickly to the evolving situation.

We recognise this is an extremely anxious time for everyone so please be assured we are doing everything we can to make sure that you get the products you need.



Innovation in Nutrition

Vitaflo is closely following developments in the outbreak of Covid-19 and is working in close cooperation with the wider Nestlé Health Science group. At the present time, we do not foresee any potential impact on the supply chain for Vitaflo products.

Vitaflo is in regular dialogue with its co-manufacturers and raw material suppliers so that we are in the best possible position to respond quickly to the evolving situation whilst ensuring continued supply of Vitaflo products to our customers. In the meantime, please help us to ensure that supplies are not disrupted by continuing to order Vitaflo's products in their usual quantities.



KetoCare would like to reassure all patients and families that we do not foresee any issues with the availability of any KetoCare products during this unstable period. We are working closely with manufacturers and suppliers ensuring that all patient needs are met to help all through the ever evolving situation. Should any queries or issues arise, please don't hesitate to contact enquiries@ketocarefoods.com

Thank you and take care.