

# KETOGENIC THERAPIES

SPRING/SUMMER NEWSLETTER 2021 | FIFTEENTH EDITION



Ketogenic Dietary Therapies  
Information • Training • Research • Support

Registered Charity No. 1108016

[MATTHEWSFRIENDS.ORG](http://MATTHEWSFRIENDS.ORG)

## WELCOME TO OUR BUMPER SPRING/SUMMER KETO NEWSLETTER!

ONE OF OUR MOST POPULAR BOOKLETS COMES TO LIFE!

MEET RHEA IN OUR NEW ANIMATED FILM

READ MORE INSIDE...



Matthew's Friends continue to champion adult ketogenic services by funding a new ketogenic service in Sheffield. Read more inside...

The amazing endurance limits team are once again supporting Matthew's Friends and other charities in a most spectacular way.

THEY ARE UNDERTAKING THE MAMMOTH PACIFIC ROW CHALLENGE 2021

Read more about the challenge p20



### SPECIAL FEATURES INSIDE:

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Ketogenic Dietary Therapies  
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🌐 [www.mfclinics.com](http://www.mfclinics.com)



MatthewsFriendsOrg  
#ketokitchen

TO HELP FUNDRAISING VISIT:

[www.matthewsfriends.org/easy-fundraising/](http://www.matthewsfriends.org/easy-fundraising/)

Matthew's Friends are proud to be part of the European Reference Network for Rare and Complex Epilepsies - EpiCARE. For more information then please visit the website at: <http://epi-care.eu/>



EpiCARE



European  
Reference  
Network  
for rare or low prevalence  
complex diseases  
Network  
Epilepsies (ERN EpiCARE)



## ANNUAL KETOCOLLEGE PROGRAMME 25<sup>TH</sup> – 27<sup>TH</sup> MAY 2021

### 🖥️ VIRTUAL MEETING 🖥️

Approved for CPD by the BDA, pending CPD approval from RCPCH.



Course Leader:  
Professor J. Helen  
Cross OBE

DAY 1 MEDICAL  
MASTERCLASS  
25<sup>TH</sup> MAY 2021

DAY 2&3 DIETETIC  
MASTERCLASS  
26<sup>TH</sup> & 27<sup>TH</sup> MAY 2021

For the full programme and registration details, please visit  
[www.mfclinics.com/keto-college](http://www.mfclinics.com/keto-college) or to register your interest  
please email: [ketocollege@mfclinics.com](mailto:ketocollege@mfclinics.com)



Adults with drug-resistant epilepsy, who  
have failed TWO or more medications

**CONSIDER A MEDICAL KETOGENIC  
DIETARY THERAPY**

Contact Matthew's Friends Clinics [info@mfclinics.com](mailto:info@mfclinics.com) for an information pack.  
[www.mfclinics.com](http://www.mfclinics.com)



# ONE OF OUR MOST POPULAR BOOKLETS COMES TO LIFE!

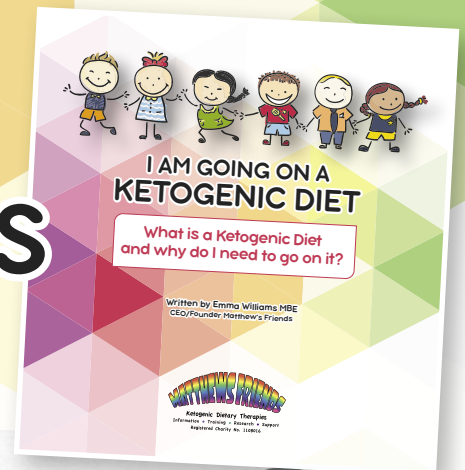
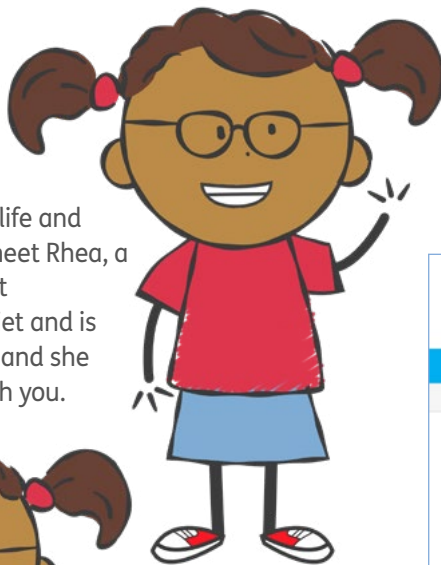
'I am going on the Ketogenic Diet' is one of our most popular booklets which has needed many reprints over the years and has been translated into several different languages, all of which can be downloaded from our website under our Child Friendly Information section, the latest of these is a translation into Arabic!

We get lovely messages in from professionals everywhere who use our literature to support their service and patients and after this version of the booklet was made available a dietitian sent in the following message

*"Thank you so much for getting this done! Your tailored approach speaks volumes for the acknowledgement of diversity for KD within Matthew's Friends. Parents will truly appreciate this."*

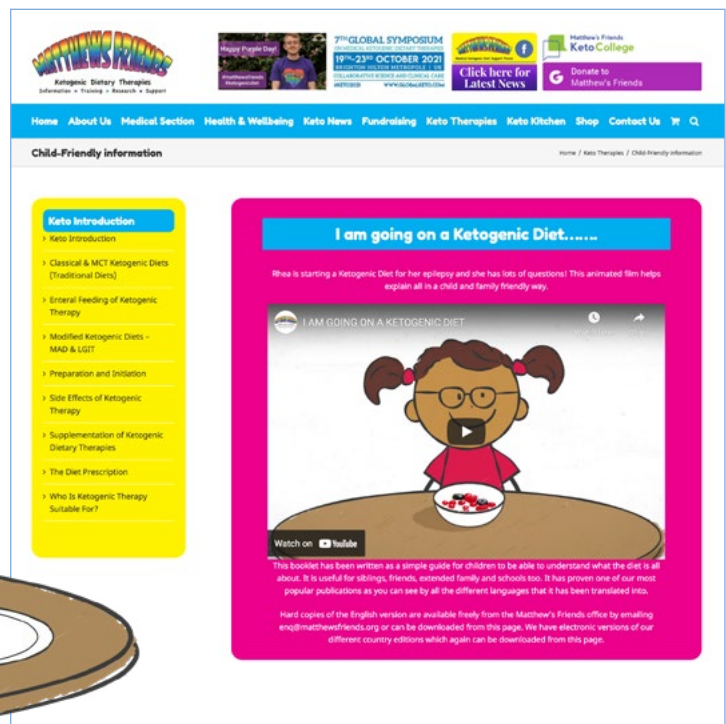
We are happy to help.

In fact, we love this little booklet so much that now we bring the English version of it to life and we would like you to meet Rhea, a young girl who is about to go on a ketogenic diet and is finding out all about it and she shares this journey with you.



In delightful animation, this film is another way of helping to guide and educate children and families on ketogenic dietary therapies. In reality, Rhea is inspired by a young girl who has been on the diet for nearly 15 years now and has been a Matthew's Friend for all that time too! Rhea and her mum are inspirational to us and we couldn't think of a better name for our main character.

Even Matthew pops up to play as well! Again you will be able to find this film in the Child Friendly Information area of our website and on our charity YouTube page called MatthewsFriendsOrg: <https://www.matthewsfriends.org/keto-therapies/child-friendly-information/>



# Pediatric to Adult Transition of Ketogenic Dietary Therapy for Epilepsy

Original Article

## Pediatric to Adult Transitions of Ketogenic Dietary Therapy for Epilepsy

Kristin Seaborg, MD<sup>1</sup>, Xing Wang, PhD<sup>2</sup>, Clara Olson, BS<sup>3</sup>, and Elizabeth A. Felton, MD, PhD<sup>1</sup>

Journal of Child Neurology  
1-5  
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DOI: 10.1177/0883273820938587  
journals.sagepub.com/home/jcn  
SAGE

A review of this paper by Professor Colin P Doherty MD FRCPI, Professor of Epileptology Trinity College Dublin and St James's Hospital

**Dietary therapy for epilepsy, including the classic ketogenic diet, modified Atkins diet, and low-glycaemic index treatment are different forms of low-carbohydrate, high-fat diets designed to induce ketosis and reduce seizures in patients with refractory epilepsy.**

This publication from physicians and scientists at the Department of Neurology at Wisconsin-Madison university hospital in the US, highlights the difficulties faced by patients and families who are transitioning to adult services who wish to continue on the Ketogenic diet.

In a survey of 191 paediatric and adult neurology providers from 161 different institutions across North America and Europe, the authors wished to understand the barriers and facilitators to safe transition to adult services for those who are on the diet for the control of intractable epilepsy. The starting point for this survey is the already accepted difficulty in the transition process across many chronic conditions from the general family-centred model of care in paediatrics to the more individualistic model usually available in adults services. Prior research has established that fewer than 50% of patients aged 12-17 are adequately prepared to the move to adult services. This is despite the repeated recommendations from the American Academy of Paediatrics that formal transition pathways be put in place for such transitions.

On top of this the authors point out additional challenges for patients with epilepsy when transitioning on the diet of which the most important are; the lack of knowledge and experience of the diet in adult neurologists and adult clinical nurse specialists in epilepsy and the lack of numbers and experience of the diet amongst adult nutritionists. These longstanding problems lead many



paediatric neurologists to wean their patients off the diet in advance of transition, regardless of its perceived or otherwise value to the patient. The survey elicited a response rate of only 39% leaving only 74 valid completed surveys. The majority were physicians (70) and 60 of these were paediatricians. Thus the response bias already shows that adult neurologists and other adult practitioners are either uncomfortable, unwilling or unable to provide their opinions on this important topic.

The survey was sent by email and required an online engagement. The authors do not specify how long the survey took to fill in which in my experience is a critical reason for low response rates (busy doctors and nurses may be happy to answer a survey taking several minutes but the longer the survey the lower the response rate).

The results show a dramatic difference in how the practitioners perceived the acceptance of the diet in children compared to adults; 84% respondents reported that the diet was either very or extremely well accepted in children compared to 17% in adults.

The figures were slightly less for children in European centres. 87% of Paediatric providers on the survey identified the lack of adult neurologists and services with experience and knowledge of the diet as the greatest barrier to transition.

Interestingly parental reluctance to transition children on the diet to adult services was also an important barrier. 50% of paediatric neurologists said that they formally transitioned patients on the diet to their adult colleagues but only 23% had actual pathways in place.



Overall this is a disappointing reflection of the very real difficulties faced by patients, families and their paediatric doctors who wish their patients to continue on the diet. Amongst the solutions proffered by the authors to this dilemma are: providing proper transition pathways and joint hand over clinics, developing pathways in established epilepsy centres with both adult and paediatric services so that any difficulties can be smoothed over within a single centre; and providing resources and training for extra specialist dietitians.

In my experience there are important factors that the paper did not address. The first is that in general adults who have naturally become more independently minded do find the strictures of the diet more difficult and a natural attrition rate from paediatrics to adulthood should be expected.

For those who absolutely rely in the diet and wish to continue, it's important to make allowance for new lifestyle factors such as eating out and living away from home, the lure of social activities like alcohol. For this reason a modified diet maybe more suitable to get long term compliance in adults.

Finally there is the difficulty of the training and experience of adult neurologists. In general, even with subspecialist epilepsy training in adult neurology, the diet remains somewhat of a niche area of therapeutics and thus when these trainees become staff, the support required to appoint and resource dietitians is rarely available leading to a vicious circle of lack of confidence and lack of resources. Quite how we fix this problem is beyond the scope of this review.

## Matthew's Friends Fund New Transition and Adult Service in Sheffield.

**We are delighted to announce the funding of this new service in Sheffield which will give the surrounding paediatric services somewhere to transition to and adult neurologists somewhere to send their patients who want to try Ketogenic Therapy where medications have failed.**

We have known dietitian Rowan Sutherill for quite a few years now and she has always been very interested in Ketogenic therapies and has been using the Low Glycaemic Index Treatment with adults for the past few years. You can also see Rowan presenting on this subject as one of our Mentors at this years KetoCollege. We are very much looking forward to working with the Sheffield team and helping them to support their patients.



**Rowan Sutherill**



**Dr Alice Brockington**

### A word from Sheffield.....

**Sheffield Teaching Hospitals Foundation NHS Trust are excited to partner with Matthew's Friends in developing the Sheffield Adult Ketogenic Diet Service to support people with refractory epilepsy.**

Referrals can be made for people under the care of an epilepsy specialist, who meet criteria to try a dietary treatment for epilepsy. The service will begin from April 2021.

We are able to accept paediatric patients transitioning to adult services, where no local service is available (obviously caseload capacity dependant).

**Rowan Sutherill is the Specialist Dietitian and she will provide support for the following ketogenic diets:**

- Low Glycaemic Index Treatment
- Modified ketogenic Diet
- Classical ketogenic diet when established and transitioned from paediatric services
- Enteral tube fed ketogenic diets

Dr Alice Brockington is the Consultant Neurologist providing the medical support. All referrals should be directed to Dr A Brockington, Neurology department, 12 Claremont Crescent, Royal Hallamshire Hospital, Glossop Road, Sheffield.

# NEW CHARITY GLUT1 DEFICIENCY UK

LAUNCHED 28 FEBRUARY 2021 - RARE DISEASE DAY



**We are delighted to announce the launch of a new charity, Glut1 Deficiency UK, to further support carers and patients impacted by Glut1 Deficiency Syndrome in UK and Ireland.**

This is the culmination of 3 years hard work by a small group of parents, in response to the need for a charity in the UK and Ireland solely dedicated to;

- Increasing awareness of Glut1 Deficiency Syndrome (Glut1DS)
- Improved education for families and health professionals in relation to Glut1DS
- Advocacy for families and patients impacted by Glut1DS
- Support and funding for Glut1DS research

The number of people diagnosed with Glut1 Deficiency Syndrome worldwide is currently thought to number in the hundreds, with just less than a hundred diagnosed in the UK and Ireland. According to the recent International Consensus Paper on Glut1 Deficiency Syndrome, recent studies estimate the true prevalence to be at least 1:24,000,

so the vast majority remain undiagnosed. The trustees, each of whom has a child with a Glut1DS diagnosis, are delighted to have the support of eminent medical experts. These medical professionals have experience treating patients with Glut1DS and have kindly volunteered to form the Medical Advisory Board, ensuring that all the information provided by the charity is medically sound.

*“We hope that Glut1 Deficiency UK will provide an inclusive space for our Glut1DS community, providing connection and support to the wide spectrum of those with Glut1DS and their families, with compassion and empathy. With increased awareness and funding for much needed research, we hope for better treatments to improve the lives of all those living with Glut1DS”*

**CONTACT US AT:** [www.glut1deficiency.org.uk](http://www.glut1deficiency.org.uk)

**FOLLOW US AT:**

[@Glut1DeficiencyUK](https://www.facebook.com/Glut1DeficiencyUK)

[glut1deficiencyuk](https://www.linkedin.com/company/glut1deficiencyuk)

[glut1deficiencyuk](https://www.instagram.com/glut1deficiencyuk)

[@Glut1UK](https://twitter.com/Glut1UK)

If you would like to find out more, we'd love to hear from you. [hello@glut1deficiency.org.uk](mailto:hello@glut1deficiency.org.uk)

## ADVERTISEMENTS

say hello to the new  
keto  
**care**  
a helping hand



bar



porridge



muesli



savoury



bolognese meal



chicken meal

**Ready to eat foods to help overcome any challenges of the ketogenic diet.**

The KetoCare range are foods for special medical purposes. Use under medical supervision.

[www.ketocarefoods.com](http://www.ketocarefoods.com)

For a sample pack, contact [info@ketocarefoods.com](mailto:info@ketocarefoods.com)

# Are the beneficial effects of the MCT diet dependent upon ketosis?

Article by Robin Williams

Professor of Molecular Cell Biology  
Royal Holloway University of London, UK



**Many people currently assess the effectiveness of ketogenic diets by monitoring ketone levels, since these levels have been thought to provide the therapeutic mechanism of the diet.**

However, some recent studies of the medium chain triglyceride (MCT) ketogenic diet have suggested that this specific diet may function through increased levels of a fatty acid – decanoic acid – provided in the diet, rather than via ketone generation. Therefore clarifying the necessity of ketosis in the use of the MCT diet is of high importance.

Low-glucose and low-insulin conditions associated with both ketogenic diets and ketosis lead to the inhibition of an important protein complex, called mTOR. This inhibition has been associated with a range of positive medical and health-related effects, including the successful treatment of epilepsy, cancer and diabetes.

Yet no studies have investigated the potential for decanoic acid, provided in the MCT ketogenic diet, in the inhibition of mTOR.

In this study, we show that decanoic acid reduces mTOR signalling in the absence of insulin and in high glucose conditions. This effect was confirmed in brain cells (astrocytes) derived from both healthy individuals and patients with tuberous sclerosis complex (TSC) mutations who often develop intractable epilepsies.

The conclusion of this research is that the use of clinical dietary approaches that are high in decanoic acid may provide an effective treatment for hard-to-treat epilepsies, and other disorders, independent of ketosis.

If you would like to read the scientific paper, please put the following link into your browser: [pubmed.ncbi.nlm.nih.gov/32879008/](https://pubmed.ncbi.nlm.nih.gov/32879008/)

## Find the latest publications available for Ketogenic Dietary Therapy

On the Matthew's Friends website under the **Medical Section Menu**, you will find links to the latest abstracts and papers being released about Ketogenic Dietary Therapies – these papers are added to every week as and when the abstracts are available. At the top of the section you will find the most important links to papers that we refer to all the time which include:

- 1. Optimal clinical management of children receiving dietary therapies for epilepsy:** Updated recommendations of the International Ketogenic Diet Study Group.
- 2. What are the minimum requirements for ketogenic diet services in resource-limited regions?** Recommendations from the International League Against Epilepsy Task Force for Dietary Therapy.

- 3. Glut 1 Deficiency Syndrome (Glut 1DS):** State of the art in 2020 and recommendations of the International Glut1DS study group.



# Update on KETO2021 – 7th Global Symposium on Medical Ketogenic Dietary Therapies!

**We are absolutely delighted to announce that this meeting, postponed due to the Coronavirus pandemic from October 2020, will now be going ahead this Autumn on 19th – 22nd October 2021!**

The event will be a 'hybrid' meeting of face-to-face at the Brighton Hilton Metropole with the addition of joining Online via our Digital Event Platform (DEP). Whether you choose to attend on-line or in-person, you will have access to the full agenda of presentations.

As Organisers of the event, on behalf of the 7th Global Symposium Scientific Committee, the team here at Matthew's Friends are working hard to bring another unforgettable conference to the UK!

More than 40 experts will present latest research and experiences from around the world, in sessions including:

**Ketogenic Diet Therapy** – “Past, Present and Future”, Mechanisms of Action – Have we moved on?, Utilising Ketogenic Dietary Therapies in special scenarios, Metabolism & Epigenetics based paradigms for anti-seizure drug discovery, Practicalities of Administration,

Utilising the Ketogenic Diet across the age spectrum, Beyond the Epilepsies & more

- Latest research poster exhibition
- Visit the Exhibition
- Networking
- Keto Cooking demos
- 100 years of Ketogenic Diets celebration
- Launch of 'INKS'
- Gala Dinner at the iconic 'Grand Hotel'

**NEW FOR 2021** – parents/carers are welcome to attend the Scientific meeting, with reduced non-health care professional delegate rates available.

Check the website [www.globalketo.com](http://www.globalketo.com) for updates and registration opening Spring 2021. We hope to see you in-person at our amazing venue on the seafront of Brighton, or 'virtually' if you prefer!

We will of course be working on a COVID-safe event for all and are subject to UK Government regulations at the time.



## 7<sup>TH</sup> GLOBAL SYMPOSIUM ON MEDICAL KETOGENIC DIETARY THERAPIES

**19TH–22ND OCTOBER 2021**  
**BRIGHTON HILTON METROPOLE, UK & ONLINE**  
**COLLABORATIVE SCIENCE AND CLINICAL CARE**

**POSTER ABSTRACT SUBMISSIONS ARE NOW OPEN**  
TO SUBMIT YOUR POSTERS VISIT: [WWW.GLOBALKETO.COM/ABSTRACT-SUBMISSION](http://WWW.GLOBALKETO.COM/ABSTRACT-SUBMISSION)

CLOSE OF ONLINE ABSTRACT  
SUBMISSION: 23RD JULY 2021

ABSTRACT SELECTION  
NOTIFICATION: 3RD SEPTEMBER 2021

EARLY-BIRD REGISTRATION OPENS **SPRING 2021**

REGISTER INTEREST AT: [GLOBALKETO2021@MATTHEWSFRIENDS.ORG](mailto:GLOBALKETO2021@MATTHEWSFRIENDS.ORG)

**#KETO2021**

**[WWW.GLOBALKETO.COM](http://WWW.GLOBALKETO.COM)**

Visit website for covid-19 secure updates







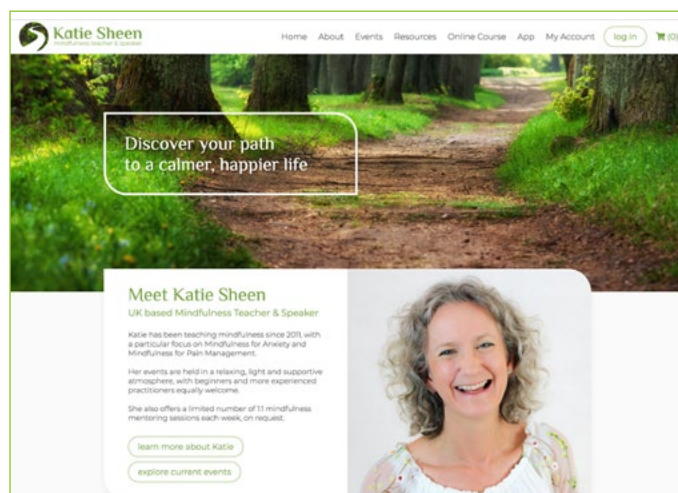
## Matthew's Friends Facebook Support Forum

**Our forum membership grows weekly as we welcome more members who have loved ones on Ketogenic Dietary Therapy or who are on one themselves. Keto discussions and meal inspiration is plentiful and the support of one another is always uplifting especially in these uncertain times when so many of us are in lockdown – wherever we are in the world!**

Our Virtual Zoom 'Cuppa and Chat' Monday evenings started in the first lockdown for our forum members as an extra support for those who were really feeling the isolation, but they have carried on throughout as we all love them so much and even after all this madness has stopped, our 'Cuppa and Chat' sessions are here to stay (We have to admit, it is not always a cuppa either!)

At the time of writing we had just celebrated our 50th one. We have celebrated birthdays via Zoom too having a birthday quiz night for our Zoom Admin Lee Morgan - food based general knowledge obviously! We have welcomed professional guests from around the world to join us and they have been grilled by our members, Professor Eric Kossoff from Johns Hopkins happily stayed on line for 2 hours chatting to families!

We have also partnered with Soul Nutrition in providing free 'Mindfulness for Anxiety' courses which have been especially useful during the pandemic.



### “Thank you!”

This course has been absolutely wonderful. Katie is a brilliant teacher and person, and she made mindfulness very simple. I have tried to do mindfulness in the past and I could never quite 'get it' if you know what I mean! Katie made it very easy, and explained it so well!

The fact that she tailored it to our needs- as mums with children who have epilepsy /complex needs- was really helpful. It felt like she really understood the stresses and struggles we face.

I shall miss her sessions on a Tuesday morning, but she told us where to find her if we want to 'drop in' to the sessions she does.

I would highly recommend her!

Thanks also for funding these sessions, I am very grateful to you and to Matthews Friends. “

“I really enjoyed the course as I was saying it was like group therapy with mindfulness as the focus. Always felt more positive on Thursdays. Great to meet everyone! I found it beneficial and relevant to my situation and there are things I have taken away from it giving my husband little tidbits and advice! Katie was so nice and kind. I would definitely recommend for others.”

“Thank you for your email with the last meditation. I found the course extremely useful and thanks to Katie's knowledge and experience, I am able to use many of the tools she provided us with in my daily life. She in herself makes me feel more relaxed and her voice in the meditations is a pleasure to listen to.

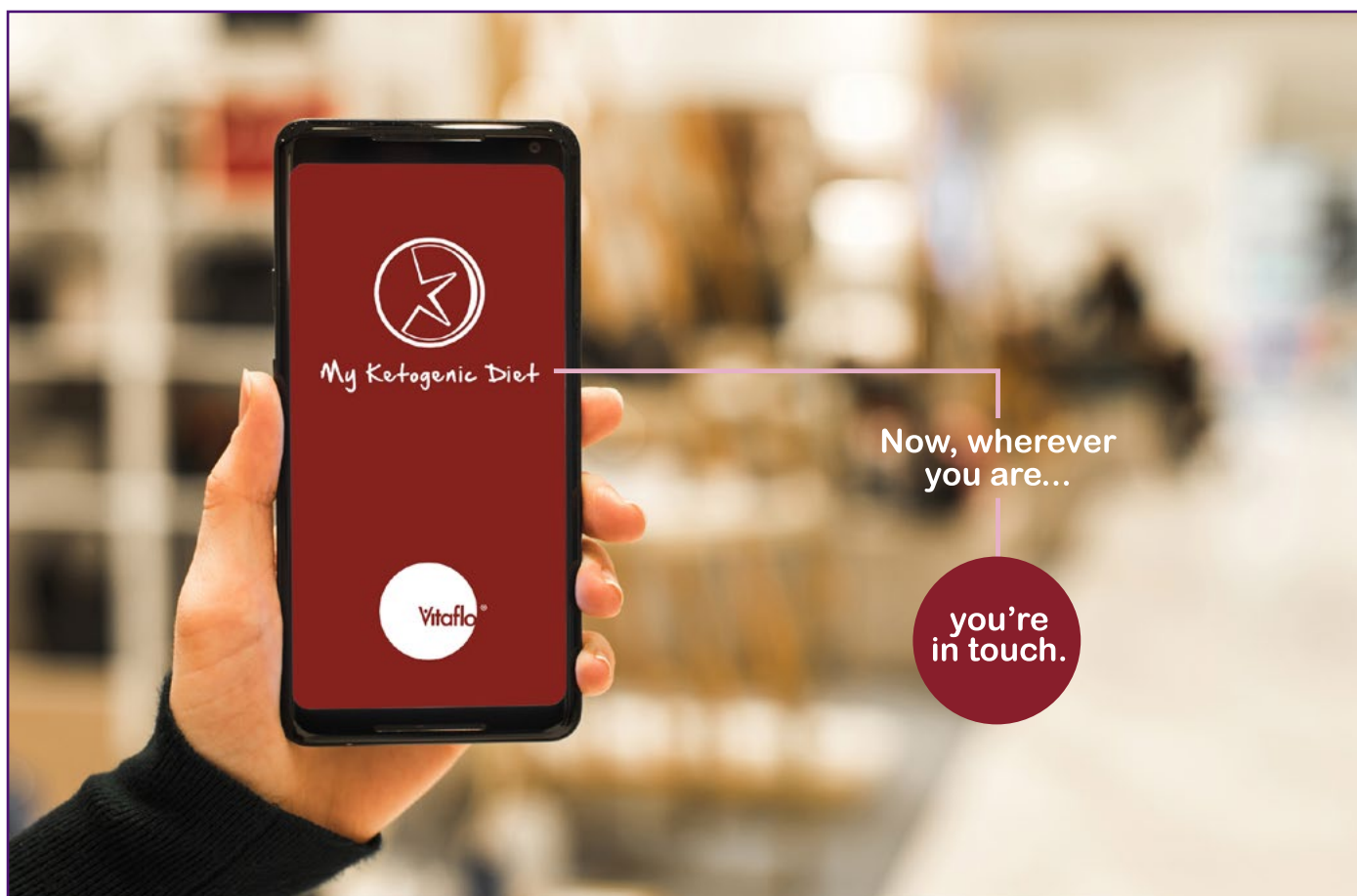
I hope we can enjoy another course some time in the future.

Take care and thank you!”

“I can't thank you and the charity enough for the opportunity to join the mindfulness course. It was a great opportunity for me to explore my anxiety and trigger points.

Always grateful for your care and support you show us.”

**If you would like to know about mindfulness we recommend you visit the Soul Nutrition website at: [www.soulnutrition.org](http://www.soulnutrition.org)**



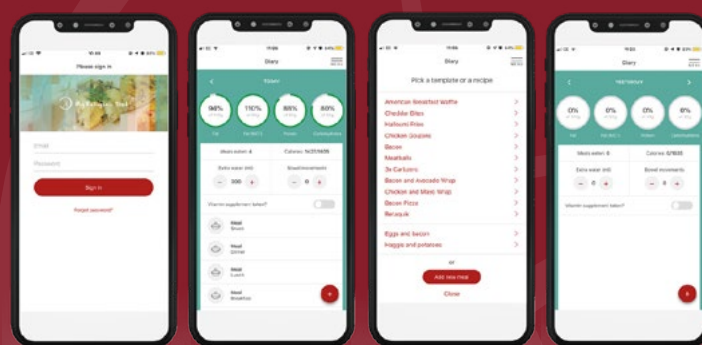
## The new My Ketogenic Diet App, from Vitaflo®.

*Informed & In touch. It's made for you.*

The brand new **My Ketogenic Diet App** from Vitaflo has been created for patients who are already following, - or who are thinking about following - a ketogenic diet.

### The App allows you to log and record:

- The foods you eat
- Your ketone and glucose levels
- Your seizures
- And much more



Via the App you can share this information **directly with your Dietitian**, allowing them to track your daily progress and help you reach your fat, carbs and protein targets.

So, no more spreadsheets and diaries to take to the clinic.

**To find out more about the My Ketogenic Diet App, contact your Healthcare Professional.**



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Tel: +44 (0)151 709 9020 E: [vitaflo@vitaflo.co.uk](mailto:vitaflo@vitaflo.co.uk) W: [www.vitafloweb.com](http://www.vitafloweb.com)

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# UNDER THE SPOTLIGHT



## Purition

a useful ingredient for keto meal replacement?

Article by Sue Wood



**For all children and adults on ketogenic diet therapy, there are times when a quick and easy meal replacement shake is needed. For those choosing to focus on simple whole food ingredients\*, but still looking for a touch of convenience, Purition products may bridge this gap.**

Although the macronutrient data varies by flavour, a 40g Purition sachet provides around 4-5g carbohydrate alongside 16g protein (vegan hemp and whey protein variants available) and around 12g fat. This makes it handy for when you need a good source of protein but not too much carbohydrate alongside.

Each 40g sachet also contains psyllium and pectin providing around 7g fibre and a range of micronutrients too. The nutrition data for the selected flavour can be popped into EKM (or any electronic ketogenic calculator) and then used as an ingredient to build a shake to match your desired macro. prescription, adding cream, oil, fat emulsion etc to deliver the extra fats that will always be required to make this 'keto'.

The main drawback is that the wholefood ingredient base, tends to be a bit grittier than a more processed shake product, but if this is a concern, a quick blitz of the dried product in the blender ( using the grinding blade) before adding into the liquid can refine this significantly.

Also, if your keto-consumer is accustomed to sweet shakes (they are very slightly sweetened with stevia) and powerful flavours, then the shakes may need a little tweaking with sugar free flavourings and a touch more sweetening of your choice.

\*e.g. Purition 'Original - Chocolate' ingredients: Whey Protein Isolate, Golden linseed (flax), Sunflower Kernels, almonds, Coconut, Cocoa (6%), Chia Seeds, sesame seeds, Pumpkin Seeds, Nutritional Yeast (B-vits), Psyllium Husk (fibre), Apple Pectin (fibre), Steviol Glycosides (Stevia)

Please see [www.purition.co.uk/ingredients-nutritional-data/](http://www.purition.co.uk/ingredients-nutritional-data/) for information about the range of flavours and the nutrition data.

Matthews Friends Affiliate Link  
[www.purition.co.uk/?aff=116](http://www.purition.co.uk/?aff=116)

**BPNA continuing to offer professional education sessions during the Coronavirus Pandemic via free weekly webinar lectures via Zoom. Every Thursday afternoon: 3pm-4.30pm and delivered by BPNA Consultant members.**



Those professionals that are interested in Ketogenic Dietary Therapies will be particularly interested in the following session:

**Thursday 13 May 2021 (3pm-4.30pm)**

Dr Archana Desurkar, Ketogenic Diet in Paediatric Epilepsy - an overview

For a full list of education sessions and booking please enter the following link in your browser  
[www.courses.bpna.org.uk](http://www.courses.bpna.org.uk)



# SEASONAL RECIPES

## FROM OUR KETO KITCHEN



Longer days and hopefully sunny weather are on the way and a chance for us to get outside and enjoy them both after many months of lockdown and the 'stay at home' rule.

What better way to enjoy getting outside than with a nice picnic or barbeque and a couple of refreshing drinks to wash it all down! Mo has been busy in the kitchen once again giving you some inspiration for more interesting salads, a mocktail and for our adult 'keto' families a cocktail or two as well, but PLEASE check with your doctor and dietitian that it is safe for you to have alcohol, not only because of the carbohydrate content but also it is dependent on what medications and how much you are taking.

We are not encouraging people to drink, but we do have many more adults on ketogenic dietary therapies now and we understand that it is about feeling 'included' and being able to partake of a little drink now and again. Don't forget if you are barbequing, be careful of the rubs and sauces you may use, some of these prepared spice rubs and sauces have 'fillers' and hidden sugars in them which can be carb loaded.

You are better off making your own out of individual pots of herbs and spices and using things like olive oil to bind them to a paste. For more ideas on what to cook please visit our new recipe section with a great new search feature where you can find new recipes which are added frequently. Don't forget, if there is something specific you would like Mo to do OR you have found a great recipe that works for you, send it in to us and we can share it so others can benefit from your experience.

Have a great Spring and Summer and we look forward to receiving all your foodie photos.



Visit Matthew's Friends  
**#KetoKitchen YouTube channel**  
 for Ketogenic recipe demonstrations and tutorials!

**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**



## CAULIFLOWER RICE SALAD

### INGREDIENTS

- 50g Cauliflower
- 15g Green capsicum pepper
- 20g Tomatoes
- 15g Spring onions
- 10g Green pesto
- 10g Olive Oil

### METHOD

- Grate the cauliflower to resemble rice, then weigh it.
- You will need to cook the cauliflower very briefly by adding it to a small pan with 40mls of water, stir it in the water for approximately 3 minutes, the water will be absorbed.
- Remove from the heat and stir in the olive oil and pesto
- Leave to go cold.
- De-seed the tomato before weighing it. Chop the tomato, green pepper and spring onions quite small and approximately the same size.
- When the cauliflower is cold, stir in the vegetables. Season to taste.



**MKD 4.03G CHO TOTAL**  
**CHO: 4.03G**      **FAT: 14.58G**  
**PROTEIN: 2.33G**      **KCAL: 157**



### MO'S TIPS

This is good to serve with barbecued sausages, or meat of your choice. It also goes well with barbecued halloumi. If you prefer you can leave the cauliflower raw, but if it is pre-cooked it does absorb the oil better.

## CELERIAC SALAD

### INGREDIENTS

- 100g Celeriac - boiled
- 15g Spring onions
- 35g Mayonnaise - HELLMANN'S
- You will also need some seasoning and a little paprika (optional)

### METHOD

- Cut the celeriac into cubes.
- Chop the onion and add to the celeriac.
- Mix in the mayonnaise with some seasoning.
- Serve sprinkled with paprika (optional).

### MO'S TIPS

This is simple and a good way of using up leftover celeriac. I find it is better not to overcook the celeriac. Drain it well to ensure it is nice and dry before weighing. Easy to batch up for the family.



**CLASSICAL 6.38:1 RATIO**  
**2.87G CHO TOTAL**  
**CHO: 2.87G**      **FAT: 28.22G**  
**PROTEIN: 1.55G**      **KCAL: 272**



## GREEK SALAD

### INGREDIENTS

- 15g Olive oil
- 52g Tomatoes
- 16g Red onion
- 32g Greek feta cheese - MORRISONS
- 20g Black olives
- 5g Fresh lemon juice
- You will also need some seasoning, ¼ teaspoon each of dried mint and dried oregano.

### METHOD

- First make the dressing: mix together the olive oil, lemon juice, dried herbs and a little seasoning.
- De-seed the tomatoes then weigh, cut into bite size pieces. Slice the onions and cut the cheese into small chunks.
- Mix everything together, taking care not to break the cheese up. Add the dressing to the salad.

### MO'S TIPS

This will be nice served with a keto bread roll if you have the carb allowance – see separate recipe.  
 One roll would add: 14.90g fat / 7.2g protein / 1.8g CHO -



**MKD 3.85G CHO TOTAL**  
**CHO: 3.85G**      **FAT: 25.55G**  
**PROTEIN: 5.38G**      **KCAL: 267**





## CRACKERS FOR CHEESE

### INGREDIENTS

- 75g Ultra fine fiberflour - LONJEVITY FOODS
- 7g Chia seeds - SEVENHILLS
- 20g Butter
- You will also need ¼ teaspoon of salt and approximately 4 tablespoons of cold water.

### METHOD

- Pre heat oven to 170c / fan 150c / gas 4.
- Rub the butter into the flour. Stir in the chia seeds and salt.
- Mix to a soft pastry dough with cold water, the dough must not be too dry!
- Place onto some cling film and roll into a sausage shape.
- Leave in the fridge for at least 30 minutes.
- Remove the dough from the cling film and cut into 10 circles.
- Flatten them to 7cm, I found this easy between sheets of cling film.
- Place on a lined baking tray and cook for approximately 15 minutes until just beginning to go brown. Leave to cool.

### MO'S TIPS

These will keep well in an airtight container. Good to serve with cheese, pate or dips. Once they are cooked they are not fragile.

You should get 10 crackers, each one will give: 2.01g fat / 1.74g protein / 1.21g CHO

**NUT FREE**

MATTHEW'S FRIENDS



**MKD 12.11G CHO TOTAL**  
**1.21G CHO PER CRACKER**  
**CHO: 12.11G      FAT: 20.17G**  
**PROTEIN: 17.47G      KCAL: 300**

**TRIED & TESTED**

MATTHEW'S FRIENDS

## MINI CHURROS

### INGREDIENTS

- 13g Ultra fine fiberflour - LONJEVITY FOODS
- 20g Almond flour flurry - HOLLAND & BARRETT
- 15g Eggs • 25g Sunflower oil
- 4g Chocolate - LINDT 90% DARK SUPREME
- 1g Butter You will also some water, 2g of BARKAT baking powder, 2 or 3 drops of vanilla extract, 5g of sweetener granules (TRUVIA / SUKRIN / NATVIA) and some PURESWEET icing sweetener.

### METHOD

- Reserve the oil, Lindt chocolate and icing sweetener.
- Mix together the ground almonds, baking powder and sweetener granules.
- Add the beaten egg and vanilla extract and just enough water to form a dough.
- Form into mini churro shapes of your choice, but make sure you use the same amount of dough for each one.
- Heat the oil in a pan then fry the doughnuts until golden brown. Leave to cool.
- Meanwhile, make some glaze icing with the icing sweetener by adding a few drops of water.
- You will not need much of it and it is a free food. Melt the butter and Lindt chocolate in a basin over hot water. Use the chocolate and icing to decorate.

### MO'S TIPS

You will need more oil but will not use all of it, so you need to weigh what is left in the pan. I heated 55g and had 30g remaining, so I have entered 25g in the recipe. Ground almonds are OK if you do not have almond flurry.

I made 10 mini churros, each piece of dough weighed 6g before cooking, each one gives: 4.08g fat / 0.92g protein / 0.41g CHO - They make an alternative fat bomb!



**MKD 4.01G CHO TOTAL**  
**0.41G CHO PER CHURRO**  
**CHO: 4.01G      FAT: 40.81G**  
**PROTEIN: 9.23G      KCAL: 420**

**TRIED & TESTED**

MATTHEW'S FRIENDS

**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**



## MINT MOJITO MOCKTAIL

### INGREDIENTS

- 10g Fresh mint
- 900g Lemon and lime sparkling spring water – sugar free

### METHOD

- Chop the mint as finely as possible, I ran it through a coffee grinder, this helps to get the flavour in to the drink.
- Place in a jug and stir in the lemon and lime spring water.
- Add ice cubes if desired.

### MO'S TIPS

I strained it into the serving glass and found that just enough of the mint got through.

This makes 5 good glasses so each one will have less than 0.50g CHO



**MKD 2.33G CHO TOTAL**  
**0.50G CHO PER GLASS**

**CHO: 2.33G**

**FAT: 0.07G**

**PROTEIN: 1.28G**

**KCAL: 15**



## PINA COLADA COCKTAIL

### INGREDIENTS

- 10g Fresh lime juice
- 25g White rum – BACARDI
- 40g Coconut milk – KTC BRAND
- You will also need 100mls of sparkling mineral water, some liquid sweetener, a few drops of pineapple extract to taste and a few ice cubes (optional).

### METHOD

- The coconut milk and mineral water are best chilled.
- Blend all the ingredients together.
- Pour into a suitable glass over crushed ice cubes, if using. Add any suitable decoration you have, or just a small amount of fruit on a cocktail stick.



**MKD 1.04G CHO TOTAL**

**CHO: 1.04G**

**FAT: 4.41G**

**PROTEIN: 0.24G**

**KCAL: 45**



### MO'S TIPS

If preferred you can use vodka instead of white rum. It will also work well with sugar free limeade instead of the mineral water, you would not then need to add liquid sweetener.

## PROSECCO AND ELDERFLOWER COCKTAIL

### INGREDIENTS

- 50g Elderflower Presse – M&S
- NO ADDED SUGAR
- 100g Prosecco

### METHOD

- Simply pour both ready chilled drinks into a glass, stir and enjoy.



**MKD 1.99G CHO TOTAL**

**CHO: 1.99G**

**FAT: 0.40G**

**PROTEIN: 0.05G**

**KCAL: 12**



### MO'S TIPS

You can add ice if preferred, and cocktail sticks. I also added one grape for decoration. If you eat an average seedless grape it will add 0.5g carbs



New!

JOIN OUR KETO  
COOKING CHANNEL!

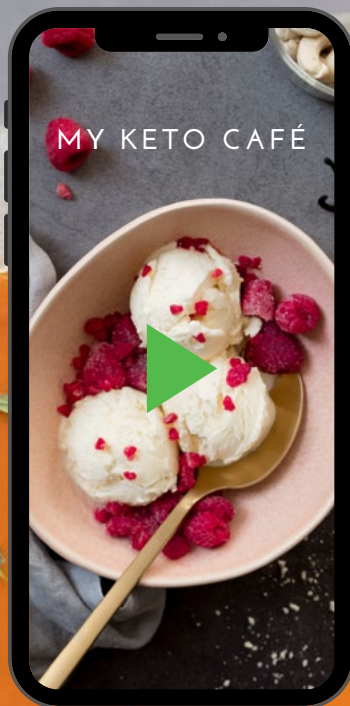
MY KETO CAFÉ

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**KetoVie.co.uk**

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# RECIPES OF THE MONTH!



Serving suggestion

#### Nutrition Information

Ratio	2:1
Carbohydrate	7.9g
Fat	40.8g
Protein	12.6g
Calories	455kcal

## WHOOPIE PIE

#### Ingredients

- 16g KetoCal 4:1 Powder (Vanilla)
- 6g butter
- 14g almond flour
- 1g baking powder (Barkat)
- 9g coconut flour (Eastend)

#### Directions

1. Mix all the ingredients (except double cream) in a bowl into a smooth paste
2. Add cold water (about 2 tbsp) to get the mixture to a dropping consistency
3. Line a baking sheet with baking paper and spoon the mixture into four even rounds
4. Smooth mixture with a knife
5. Bake in a pre-heated oven, 170°C/gas mark 3 for 10mins
6. Once out of the oven, allow to cool on a wire rack
7. Sandwich two together with whipped double cream

"Easy to make, great for a snack or supertime treat"

*Chef Derek*

- 20ml beaten egg
- 14g milk powder
- 2g cocoa powder
- 10ml double cream (Tesco)

## STRAWBERRY PANNA COTTA

#### Ingredients

- 60ml KetoCal 4:1 LQ (Unflavoured)
- 26g strawberries
- 30g fresh whipping cream
- 4g gelatine
- 14ml canola oil

#### Directions

1. Using either a double saucepan (or a basin standing in hot water), heat the cream and KetoCal LQ until hot
2. Pour the hot cream and KetoCal LQ mixture over the sugar free gelatin and beat until smooth
3. Add the chopped strawberries to the mixture
4. Pour into a dish or mould and then chill

"You can fill small jars, place on lids and use as part of a lunch box"

*Chef Derek*



Serving suggestion

#### Nutrition Information

Ratio	4:1
Carbohydrate	2.8g
Fat	35.1g
Protein	6g
Calories	353kcal



Serving suggestion

#### Nutrition Information

Ratio	2:1
Carbohydrate	8.6g
Fat	26.9g
Protein	4.8g
Calories	304kcal

## FILLED CHOCOLATES

#### Ingredients

- 4g KetoCal 4:1 Powder (Vanilla)
- 35g chocolate (Green and Blacks 85%)
- 4g butter
- 3.5g sweetener (Truvia)
- 4g peanut butter

#### Directions

1. Place the chocolate into a heat proof bowl and melt on medium/high in a microwave
2. Using a paint brush, paint a thin layer of chocolate into the chocolate mould and allow to set
3. When the first layer of chocolate has set, paint another layer into the mould and allow to set
4. To make the filling mix butter, peanut butter, sweetener and the KetoCal 4:1 Powder into a smooth paste
5. Fill the chocolate mould ¾ full then pour over melted chocolate to seal the top
6. Once set, remove the chocolates from the mould and keep in an air tight tin

"Great as a birthday or Christmas treat"

*Chef Derek*



## THESE RECIPES WERE CREATED ON MYKETOPLANNER

The dietary planning tool that provides flexibility and variety for the ketogenic community

[MyKetoPlanner.co.uk](http://MyKetoPlanner.co.uk)

Check meals  
on the go

Search and  
edit recipes

Create daily  
meal plans

These recipes are intended for patients who have been prescribed a Ketocal product by a healthcare professional. KetoCal is a Food for Special Medical Purposes for the dietary management of drug resistant epilepsy or other conditions where the ketogenic diet is indicated and must be used under medical supervision.

Always consult your managing healthcare professional before making dietary changes

Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.



# MATTHEW'S FRIENDS KETO STAR AWARD!

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.

David Lewis was awarded his Keto Star certificate for being such a superstar and drinking his special 'rocket fuel'.

As you can see, he was thrilled with his certificate and his new KETOHERO T-Shirt!

Well done David, we are all very proud of you!!



## EKM Updated!

Electronic Ketogenic Manager (EKM) has recently been updated across the platforms.

To check that you have the most current version please visit [www.ekmketocalc.com](http://www.ekmketocalc.com).

### EKM: Electronic Ketogenic Manager Multi-platform ketogenic calculator

Home Windows Mac OS iPhone/iPad Android Help & FAQ Useful Links Training Videos

#### Multi-platform Ketogenic Calculator

Now, with the help and sponsorship of Matthews Friends, we have been able to redevelop the EKM program for use with multiple computer platforms including PC's, Mac's, smart phones and tablets.



Vitafo has also provided sponsorship to cover part of the on-going hosting and support costs associated with this application.

## GODSTONE CLUB PRESENTS

# CHARITY QUIZ Night

WEDNESDAY 16<sup>TH</sup> JUNE 2021 @ 8PM

£5 REGISTRATION PER PERSON  
(6 PER TEAM MAXIMUM)

FOR MORE DETAILS CONTACT  
[ENQ@MATTHEWSFRIENDS.ORG](mailto:ENQ@MATTHEWSFRIENDS.ORG)

ON BEHALF OF



Ketogenic Dietary Therapies  
Information • Training • Research • Support

Registered Charity No. 1108016

# Fundraising for Matthew's Friends

COVID-19 has hit our charity hard, like so many others. We are so grateful in these difficult times for the kind support and generosity of you all. Please like and follow us on **f Matthew's Friends** 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**



**Well, who would have thought we'd still be in lock down? But at least things are looking brighter and hopefully beginning to open up a bit at last.**

If you fancy shaking off the lockdown lethargy, putting your running shoes on and are up for a challenge we have a place in the Virgin Money London Marathon 2021 which is being held on 3rd October (all being well).

As we are sure you are aware the Covid pandemic has made it extremely difficult for small charities such as ourselves to fundraise so if you would like to help us by taking part in this iconic event to raise much needed funds

please email in to us on **enq@matthewsfriends.org** and tell us a bit about yourself and why you'd like to be given the chance to participate in the world famous London Marathon.

**The deadline for applying to us for the place is 1st May.  
The lucky participant chosen will be notified 1 week later.**

We look forward to hearing from you – good luck!

## HELP MIKE HIT THE HILL 100 TIMES

**Mike Dancer has chosen National Epilepsy Week in May to take on the challenge of running up (and down!) Reigate Hill in Surrey, 100 times!**

Visit his JustGiving page to find out what inspired Mike to do this and to support him by sponsoring him. We are in awe of Mike, who has followed a Ketogenic Diet for his epilepsy for 13 years, go Mike!


Visit his page here: [https://www.justgiving.com/fundraising/mikedancer?utm\\_source=Sharethis&utm\\_medium=fundraising&utm\\_content=mikedancer&utm\\_campaign=pfp-email&utm\\_term=0162b9847bbb4\\_767ab445881dcd8c722](https://www.justgiving.com/fundraising/mikedancer?utm_source=Sharethis&utm_medium=fundraising&utm_content=mikedancer&utm_campaign=pfp-email&utm_term=0162b9847bbb4_767ab445881dcd8c722)





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The amazing endurance limits team are once again supporting Matthew's Friends and other charities in a most spectacular way.

## THEY ARE UNDERTAKING THE MAMMOTH PACIFIC ROW CHALLENGE 2021

MONTEREY, CALIFORNIA TO HONOLULU, HAWAII WORLD  
RECORD ATTEMPT: 2,700 MILES ACROSS THE TOUGHEST SEAS UNSUPPORTED!

TO RAISE FUNDS FOR:

**Matthew's Friends**

[www.matthewsfriends.org](http://www.matthewsfriends.org)

**St Elizabeth's, Hertfordshire**

[www.stelizabeths.org.uk](http://www.stelizabeths.org.uk)

**and to fight Ocean Plastic Pollution**

[www.endurancelimits.net/our-oceans](http://www.endurancelimits.net/our-oceans)



Please follow this link to learn more about this amazing team and their inspiring challenge and to donate!

[www.endurancelimits.net](http://www.endurancelimits.net)

ENDURANCE LIMITS | IMPROVING VULNERABLE LIVES



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](mailto: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 2021 and beyond, thank you.