

KETOGENIC THERAPIES



AUTUMN/WINTER NEWSLETTER 2021 | SIXTEENTH EDITION



Ketogenic Dietary Therapies
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MATTHEWSFRIENDS.ORG

WELCOME TO OUR BUMPER AUTUMN/WINTER KETO NEWSLETTER!



Matthew's Friends hosted the 7th Global Symposium on Medical Ketogenic Dietary Therapies, 19-22 October in Brighton & Online with 600+ attendees joining from 49 countries!

This important meeting for researchers, scientists and clinicians was postponed from 2020 due to the COVID pandemic – read our 3 special reports inside this issue...

SPECIAL FEATURES INSIDE:

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INTERNATIONAL
NEUROLOGICAL
KETOGENIC SOCIETY
www.neuroketo.org

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FROM MATTHEW
AND EVERYONE AT**



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MatthewsFriendsOrg
#ketokitchen

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of the European Reference Network for
Rare and Complex Epilepsies - EpiCARE.
For more information then please visit
the website at: <http://epi-care.eu/>



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www.matthewsfriends.org

KETO GLOBAL 2021

THE 7TH GLOBAL SYMPOSIUM ON MEDICAL KETOGENIC DIETARY THERAPIES

Written by **Jen Carroll MSc RD FHEA**

Consultant Ketogenic Dietitian at The Keto Dietitian and PhD researcher (The Core-KDT study) University of Plymouth.



GlobalKeto 2021, the 7th Symposium on Medical Ketogenic Dietary Therapies was held in Brighton from the 19th-22nd October. It was memorable for so many reasons, not least because it was the first time we had seen colleagues and friends in person for such a long time. The excitement and energy in the room were palpable!



The first global symposium was held in Phoenix in 2008, and we have come together every two years, except for this symposium, which was delayed by a year due to the pandemic. The symposium is unique in that it brings together individuals from many different disciplines, including basic science, clinical research, and clinical practice. All with a shared purpose to forward our understanding of the role of KD in the management of a variety of clinical conditions.

The organising committee ensured we had all the essentials for a really great week:

- international experts sharing the latest research and developments in the world of ketogenic diet (KD) therapies
- the launch of the International Neurological Ketogenic Society (INKS)
- live keto cooking demonstrations
- sponsor led symposiums and exhibitor stands
- poster presentations showcasing research and KD service developments
- a 1920's gala dinner to celebrate 100 years of KD therapies!



7TH GLOBAL SYMPOSIUM
ON MEDICAL KETOGENIC DIETARY THERAPIES

19TH-22ND OCTOBER 2021

BRIGHTON HILTON METROPOLE | UK & ONLINE

COLLABORATIVE SCIENCE AND CLINICAL CARE

#KETO2021

WWW.GLOBALKETO.COM



Many of our colleagues had to join virtually, but the digital education platform was a triumph, connecting over 600 virtual and in-person delegates. We all extend a huge thank you to Emma Williams, Julie Fountain and the Matthew's Friends team for their tireless work in organising and delivering such a great symposium.

KD THERAPY - PAST, PRESENT AND FUTURE

Professor Eric Kossoff opened the symposium by taking us back in time to the early 1920s. He took us on a journey exploring the early uses of KD and the pioneering clinicians who led the way. It made us ponder a time before the internet and the challenges this posed for those early KD pioneers to connect and collaborate. Professor Helen Cross then brought us into the present, describing her journey with her first patient on KD therapy, planting the seeds for the first randomised controlled trial in paediatric epilepsy treated with KD.

This trial was Led by Dr Liz Neal of Matthew's Friends, together with Hannah Chaffe and Professor Cross, and demonstrated the efficacy of KD therapy in managing childhood epilepsy. Helen and Emma Williams met as Matthew, Emma's son started a KD and the rest is history as they say, with Matthew's Friends launching in 2004.



The last 20 years have seen significant developments for patients requiring KD therapy, with improved accessibility but not at the pace we would like, especially for adult patients.

Professor Jong Ro transported us into the future, where we hope KD will be used more often as first-line therapy, adults will have greater access, and KD use will grow in areas beyond epilepsy. He launched the International Neurological Ketogenic Society (INKS), their mission being to promote the practice and science of KDs and related metabolism-based therapies for neurological disorders. KD is available in many but not all countries worldwide. INKS, therefore, aims to drive global accessibility through collaborative research, training education and outreach.

KETOGENIC DIET USE IN EPILEPSY AND BEYOND

The use of KD therapy is well established in epilepsy, and speakers shared experiences, practicalities, and international guidelines to continue to advance clinical practice for patients with epilepsy. Dr Adrienne Scheck and Professor Michael Jenkinson brought us up to speed on the utilisation of KD in brain cancers, concluding that KD is safe and feasible for patients with brain tumours. However, it is proving very challenging for patients to access KD in clinical practice, owing to the absence of large human clinical trials exploring the efficacy of KD in brain tumours.

The role of KD continues to expand as our understanding of its effects improve and widen. This leads us to consider its use in an ever-growing list of other clinical conditions and situations, including migraine, mental illness, Alzheimer's, Parkinson's, diabetes and cancers beyond the brain. Many are still in the early stages of research with case studies or small studies, but they show promise for how our use of KD therapies may continue to expand in the coming years.

EXHIBITORS AND SPONSORS

These events are always a great opportunity for us to catch up on new products and developments that we can share with the individuals we are supporting to undertake KD therapy. Chef Derek from Nutricia, Chef Neil from VitaFlo, Chef Martina from Cambrooke and KetoCook Mo from Matthew's Friends all did live cooking demos. A whole host of keto goodies were prepared for us to taste and recipes provided for us to share.

GALA DINNER

Matthew's Friends hosted the symposium gala dinner at the Grand Hotel Brighton, a fitting location for a 1920s, vintage, anything goes themed evening! We were joined by those who led some epic fundraising events this year, raising vital funds for Matthew's Friends to continue their excellent work. On behalf of Matthew's Friends, Professor Helen Cross, the Chair of their Medical Board, presented the Chair of the INKS Trustee's Board, Dr Anita Devlin, with a cheque for £25,000 to kickstart their vision. The Queen Tribute band, Majesty, were the highlight of the evening, filling the dance floor from the first guitar riff!





KETOGENIC DIETITIANS RESEARCH NETWORK (KDRN)

On behalf of the committee for the KDRN, I want to share how delighted we were to have an information stand at GlobalKeto 2021. It enabled us to grow our membership and share our progress in developing clinical practice and the evidence base for KD through collaborative research. We had a super productive annual general meeting, revisiting ongoing projects and brainstorming our future plans. These include practical KD resource development, the use of KD in intensive care, improving access to KD for adults and investigating if the results gained on KD are maintained after the diet is discontinued.

SO, WHERE TO NEXT?

We now individually reflect on the insights and learning gained over the week, culminating in developments to our KD services and ultimately improving access and experiences for families and patients. We follow up on all the collaborative discussions had over coffee breaks! Beginning to drive these projects and research forward in preparation for the 8th Global Symposium on Ketogenic Therapies in San Diego 17 – 21 September 2023.

USEFUL LINKS

- Matthew's Friends YouTube channel to catch up on all the videos from GlobalKeto2021 www.youtube.com/c/MatthewsFriendsCharityPage/videos
- #KETO2021 on Twitter to catch up on all the tweets throughout the symposium
- International Neurological Ketogenic society www.neuroketo.org
- Globalketo www.globalketo.com
- The Ketogenic Dietitians Research Network www.kdrn.co.uk



8TH GLOBAL SYMPOSIUM ON
KETOGENIC THERAPIES
LOEWS CORONADO BAY RESORT | SAN DIEGO, CALIFORNIA



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BRILLIANT BRIGHTON!

Report from the 7th Global Symposium on medical ketogenic dietary therapies

Written by Professor Eric Kossoff

Professor of Neurology and Pediatrics at Johns Hopkins University in Baltimore, Maryland USA.



The 7th biannual ketogenic diet therapies conference is now completed, and was worth the wait (after a year postponement due to COVID19)! The symposium was held October 19-22, 2021 in the beautiful coastal city of Brighton, United Kingdom and had approximately 200 attendees in person and 400 virtually. Details of the full agenda can be found at www.globalketo.com



7TH GLOBAL SYMPOSIUM
ON MEDICAL KETOGENIC DIETARY THERAPIES

19TH-22ND OCTOBER 2021

BRIGHTON HILTON METROPOLE | UK & ONLINE

COLLABORATIVE SCIENCE AND CLINICAL CARE

#KETO2021

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HIGHLIGHTS:

There was a full array of lectures covering all topics related to the ketogenic diet for epilepsy. What was unique to this meeting compared to other years was an emphasis on the use of diets for adults (and issues related to provider availability and patient compliance), effects of diet therapy on quality of life (not just seizure frequency), influence on the gut microbiome, benefits for Glut1 deficiency syndrome, and how important it can be as a treatment of refractory status epilepticus.

In addition, the final day of the meeting was focused on using diet therapy for conditions other than epilepsy such as cancer, dementia, and diabetes. There was considerable discussion about how the ketogenic diet may look different for those conditions, how these important (but expensive) studies can be funded, and who should be coordinating this research.



www.epilepsy.com/article/2018/4/ketogenic-diets-cancer-autism-dementia-and-migraine

A highlight of the meeting was a celebration of the **100 Year Anniversary of The Ketogenic Diet for Epilepsy** (first reported July 2021). This meeting, by being postponed, fell on the calendar year of the anniversary, which was exciting.

The introductory 3 lectures covered the past (myself), present (Dr. Helen Cross), and future (Dr. Jong Rho) of ketogenic diet therapy. One important theme was that mentorship, collaboration, and research will help the diet continue to be popular in the future!



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This meeting was also the official launch of INKS, the International Neurological Ketogenic Society (www.neuroketo.org). This new society will help coordinate the biannual meetings, but also work to guide research, trainings, education, and clinical use of the ketogenic diet for the future. Dr. Jong Rho is the current President of INKS. Details on membership will be coming soon!

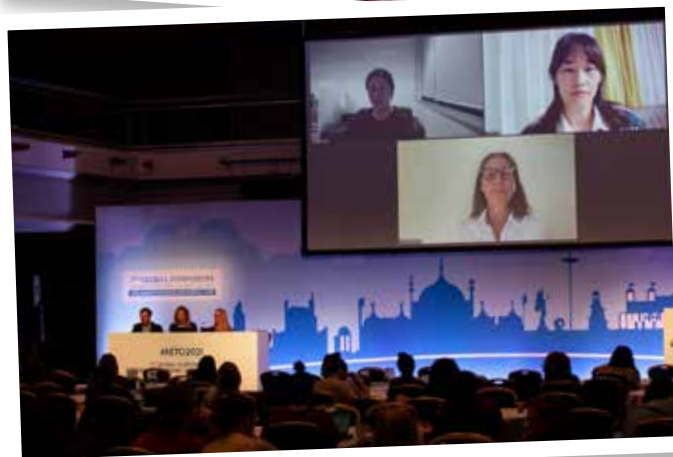
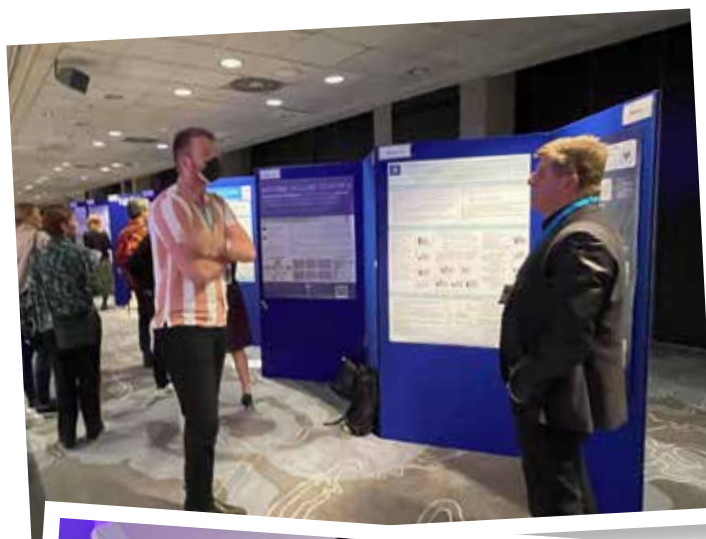
The poster session was excellent, but with limited posters as most were online due to the pandemic. Excellent posters focused on quality of life, providing ketogenic diet services in the pandemic, and many more.

There was perhaps LESS focus on international use of ketogenic diet services compared to the previous, 2018 meeting in Jeju, Korea (www.epilepsy.com/article/2018/11/keto-korea-recap-6th-global-symposium-ketogenic-therapies-neurological-disorders). In addition, there was reduced emphasis on randomized, controlled trials (since we believe there is sufficient evidence now), value of various diets (again, since evidence suggests they are all mostly equally effective), and finding epilepsy "indications" (as guidelines have established these for the most part - www.epilepsy.com/article/2018/6/updated-recommendations-ketogenic-dietary-therapy-children-published)

Finally, the exhibit hall continued to be a highlight of the meeting as in past years, with cooking demonstrations, companies providing new formulas and doing tastings, and ketogenic breads and pastas available as well.

What was very clear was that it was really great for the neurology/ketogenic diet community to be together again in person for the first time in 3 years.

There is no substitute for the hallway conversations and collaborations that happen during an in-person meeting! **The next meeting will be held in San Diego September 17-21, 2023 www.neuroketo.org/upcoming-meeting**



7TH GLOBAL SYMPOSIUM AWARDS

2021 saw the ketogenic diet celebrate its 100th anniversary, an auspicious milestone in a long history punctuated by widespread early adoption, decades of relegation to the obscure corners of medical practice and history, a renaissance precipitated by a remarkable personal story with national media attention, and over a generation of global expansion and scientific investigation.

The rebirth of the ketogenic diet – now a standard and scientifically validated treatment for medically intractable epilepsy – would not have been possible without the passionate and enduring efforts of two giants in the field of ketogenic therapies - Dr. John Freeman, former Director of the Pediatric Epilepsy Program at Johns Hopkins Hospital, Baltimore, USA and his stalwart and fiercely devoted dietitian, Millicent Kelly.



Their persistent efforts to offer the ketogenic diet to multitudes of patients over the years, and their unflagging belief and conviction in the often-ridiculed dietary treatments for pharmaco-resistant epilepsy, set the stage for the current expansive generation of healthcare professionals, researchers and advocates throughout the world. Indeed, there exists much excitement and promise for expanding and refining dietary and metabolism-based therapies for epilepsy and other neurological disorders as we move into the second century of growth.

It will be said by historians that the saga of the ketogenic diet has been unlike anything in the history of clinical medicine. In honor of their seminal

contributions to the field of ketogenic therapies, the newly created Global Ketogenic Therapies Executive Committee has established awards named after Dr. Freeman and Ms. Kelly which are bestowed on remarkable professionals at each biennial Global Symposia on Ketogenic Therapies for Neurological Disorders.

These awards are intended to honor physicians and dietitians, respectively, who are recognized for impactful contributions to the field of ketogenic therapies, but most importantly, those who have carried the torch with the same spirit and dedication as Dr. Freeman and Ms. Kelly.

The winners of these awards for the 7th Global Symposium are:



THE JOHN FREEMAN AWARD
PROFESSOR
HELEN CROSS OBE
UK



THE MILLICENT KELLY AWARD
DR ELLES
VAN DER LOUW
THE NETHERLANDS

Emma says:

We are obviously delighted that 2 of our colleagues here at Matthew's Friends have received these awards, both nominated and voted for by medical professionals from around the globe.

Helen has been the Chair of our medical board from the day we started and it was her work and her clinical trial that Matthew was part of, that changed the evidence for the diet globally.

Without that clinical trial, we would probably STILL be fighting to have the diet accepted, it can never be underestimated just what a big role she had in

changing things for the diet. Elles is the President of Matthew's Friends Netherlands/Vlaanders and she has been a key part of getting this branch off of the ground as well as being involved in various guidelines for dietitians that have been adopted all over the world, all whilst completing her PhD in Ketogenic Therapies. These awards are so well deserved by both parties. They have truly carried the torch for Ketogenic Dietary Therapies and continue to do so.

It was a great shame that Elles couldn't join the party at the conference, as COVID disallowed that, but we got her award to her as soon as we could and no doubt the Matthew's Friends team in The Netherlands will celebrate with her! Well done to both ladies.



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**Written by
Dr. Anita Devlin**

Chair of the
Trustees of INKS



In 2017 at the American Epilepsy Society meeting in Washington DC, an international group of paediatric neurologists, neuroscientists, paediatric dieticians along with Matthew's Friends and The Charlie Foundation charities came together with the shared vision of creating a new learned society dedicated to the advancement of ketogenic and metabolic therapies for neurological disorders.

MISSION STATEMENT

TO PROMOTE THE PRACTICE AND SCIENCE OF
KETOGENIC DIETS AND RELATED METABOLISM-BASED
THERAPIES FOR NEUROLOGICAL DISORDERS

VISION STATEMENT

GLOBAL ACCESSIBILITY AND IMPLEMENTATION OF
KETOGENIC AND METABOLIC THERAPIES FOR BRAIN
DISORDERS THROUGH COLLABORATIVE RESEARCH,
TRAINING, EDUCATION AND OUTREACH.

INKS appointed an executive committee with global representation as follows:

Chair of the Board:	Professor Jong Rho (USA)
Deputy Chair:	Professor Helen Cross OBE (UK)
Secretariat:	Emma Williams MBE (UK)
Chair Education Committee:	Professor Eric Kossoff (USA)
Chair Membership Committee:	Professor Jörg Klepper (Germany)
Chair Website Committee:	Dr Adrienne Scheck (USA)
Chair Scientific Programme:	Professor Robin Williams (UK)
Committee:	Professor Ingrid Scheffer (Australia)
	Professor Jianziang Liao (China)
	Professor Stéphane Auvin (France)
	Dr. Janak Nathan (India)
	Dr. Anita Devlin (UK)
	Professor Susan Masino (USA)
	Dr. Marisa Armeno (Argentina)
	Beth Zupec-Kania RD (USA)
	Kath Megaw RD (South Africa)
	Jim Abrahams (USA)
	Julie Fountain (UK)

A Board of Trustees has also been appointed and the establishment of INKS as a UK based charity is in progress:

Chair of Trustees:	Dr Anita Devlin (UK)
Deputy Chair:	Richard Aldridge (UK)
Secretariat:	Beth Zupec-Kania (USA)
Committee:	Professor Helen Cross (UK)
	Professor Jong Rho (USA)
	Dr. Elizabeth Neal RD (UK)
	Dr. Marisa Armeno (Argentina)



It was with great excitement that INKS was formally launched at the 7th Global Symposium on medical ketogenic dietary therapies in Brighton, UK October 19th-22nd 2021 where Dr Anita Devlin, Chair of the Board of Trustees of INKS accepted a cheque for £25,000 presented by Professor Helen Cross OBE on behalf of the charity Matthew's Friends as a founding partner.

The Charlie Foundation charity has matched this pledge to be delivered over the course of five years.

Many conference delegates declared their interest in becoming members of INKS and more information can be found at www.neuroketo.org

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MATTHEW'S FRIENDS KETO STAR AWARD!

WELL DONE AMELIA!

Amelia Fielden is sister to Jack who has Glut 1 Deficiency and she has made a film all about what it is like living with someone on a Ketogenic Diet but coming from a siblings perspective.

You can watch her film via the following link (just type it into your browser!). Living with someone on a ketogenic diet – a sibling perspective - YouTube.

www.youtube.com/watch?v=rKnXb_zJIg0&list=UUWQ_a8SU_VQoUyX9Y5JppYg&index=14

Amelia did this as part of her volunteering task for her Bronze Duke of Edinburgh award. She wanted to raise awareness about the Ketogenic Diet AND Glut 1 Deficiency and we think she did an amazing job of doing both, which is why she was awarded a KETOSTAR Award.



MIF KETO NEWS IS GOING GREEN!

As from 2022 we will no longer be printing a paper version of our newsletter and will instead be sending out 4 digital versions each year with our latest information and news from the medical ketogenic world.

Many of our booklets will also be able to be downloaded from our website, so look out for these as they are reviewed, updated and added to our website throughout the course of next year and of course, all the details will be sent out to you about this.

So if you haven't already signed up to receive our newsletters or information then please visit our website and click on the 'Contact Us' tab followed by the 'Keep in touch' tab and then you will be able to complete the online form which will come through to us, so you will need never miss a thing! Although we fully appreciate that sometimes it is lovely to sit back and have a good read of a booklet or magazine, we want to do our bit for the planet by not using as much paper or producing any unnecessary waste – we need to save as many trees as possible!



DAWN'S MKD STORY

I first started having seizures aged seventeen although then they were quite infrequent and well controlled by medication.

When I became pregnant at the age of twenty seven, my seizures became more frequent and longer lasting. They became progressively worse over the ensuing years until they were happening around six days per week and were lasting on average six hours each - sometimes longer. My epilepsy was becoming more resistant to medication, even the more modern ones, and combined with the drowsiness and other side effects from the drugs, life became quite difficult. Planning any activities or days out as a family was impossible.

Having exhausted all of the drug treatments, I was asked if I would like to trial a diet that was being used to treat epilepsy in children but was quite new to adults. I accepted this offer (though if I'm honest, with a little scepticism) and started using the Modified Ketogenic Diet. What a transformation ! The frequency and severity of my seizures reduced dramatically in a very short space of time and now, seven years on, I have seizures two or three times per year lasting only a couple of hours each.

I don't want to sound over dramatic but being on this diet has been life changing. I have much more independence, I have a job, new friends and can take part in countless more social activities. I can go on holiday and make plans to attend family occasions knowing that epilepsy will not stop me. It has also enabled me to reduce the amount of medication that I was taking and as a result reduced the side effects that they bring with them.



The prospect of removing virtually all carbs from my diet was quite daunting. At first glance it seemed like all of the nicest foods were high in carbohydrates. However, with some help from dieticians and doing my own research I have managed to find some very viable and tasty alternatives.

When the MKD diet was first introduced to me I was overwhelmed and confused by the barrage of instructions, scientific data and do's and don'ts that I was presented with. Add to this the prospect of having to weigh and measure everything that I eat, it would have been very easy to give up before I even started. But I persevered and discovered that it really is not difficult. Yes, you need to have commitment and will power and support from family and friends, my husband Dave and daughter Kirsten have been a great source of encouragement and help in getting to grips with the changes, but it soon becomes a very easy to live with way of life.

I have stuck rigidly to this diet and it took a little while for my body to adjust to the new lifestyle. I did lose some weight at first but it didn't take long for me to acclimatise and I'm back now to my original weight.

The first few months of being on the diet were quite tricky, probably because I was one of the first adults to try this treatment and there was not a great deal of relevant information available.



I decided that I would put to one side the confusing science and monitoring bit and learned about what's in the food I was eating and what alternatives I might be able to use instead. The basic premise of my diet, which has been spectacularly successful for me, is to eat the fats and proteins as advised and have as near to zero carbs as I possibly can.

Rather than working out carbs per portion, I simply look at the amount of carbohydrate in a product compared to the other ingredients it contains and if I think it's too high I use something else. This doesn't mean I miss out on the nicer foods though.

I make some very lovely cakes, sweets, sausage rolls, quiches and many other things which use alternative ingredients to conventional recipes but are ultra low in carbs. Compared to when I started, there is now a huge amount of information available and loads of useful recipes to try. For anyone who is struggling with controlling their epilepsy and is prepared to put in a little effort, I would absolutely encourage them to try the MKD diet. Do not be put off by what may initially seem to be something very complicated - it really isn't.

REMEMBERING GEORGINA

Georgina's lovely mum Diane contacted us to tell us that her employer, CMS Cameron McKenna Nabarro Olswang gave a grant to Matthew's Friends of £400.

We had been nominated as a thank you for helping her daughter but sadly, Georgina passed in 2019 due to epilepsy but we wanted to remember her and thank her family for remembering us too. Much love to you all. RIP Georgina (George).



SEASONAL RECIPES

FROM OUR KETO KITCHEN



For nearly 2 years now we have lived with the pandemic, which has meant restrictions, worries and sadly in some cases, loss of loved ones, so the last Holiday season was not the best.

This year many of us are really hoping that things will be better, we will be able to see our loved ones and get together to celebrate with them.

With that in mind, Mo has been working her magic in the kitchen again. Just because you are on keto, doesn't mean you miss out and the celebration cake that she made for the 100 year anniversary of the

Ketogenic Diet went down a storm at our Global Conference, with many of us going back for second (and third!) helpings, it really is such a lovely cake.

A perfect fruity celebration cake for any occasion and with Christmas fast approaching (at the time of writing), we obviously had to include Mo's festive 'Christmas Tree' mince pies and something fun for the children with her 'popping chocolate treats'.

We really hope you all have a wonderful Holiday season this year and wish you all the very best for 2022.

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

CELEBRATION CAKE

INGREDIENTS

- 225g Ground almonds
- 270g Butter
- 450g Eggs
- 2g Orange zest
- 66g Canned prunes in juice
- 15g Psyllium husk
- 20g Raisins

- 150g SUKRIN GOLD
- 20g Sultanas
- 40g Currants - WHITWORTHS ZANTE MINI
- 30g Coconut flour - TIANA

You will also need 6g of mixed spice and 7g of BARKAT baking powder.

METHOD

- Pre heat oven to 170c / fan 150c / gas 4
- Start by chopping the sultanas, prunes and raisins, then put them in 30mls of the prune juice with the currants.
- Soak for at least 20 minutes.
- Mix together the ground almonds, Tiana coconut flour, psyllium husk with the Barkat and mixed spice.
- Beat the softened butter with the Sukrin Gold.
- Add the flour mixture to the butter and beat well.
- Whisk the eggs well then stir into the mixture, combining it well.
- Stir in the soaked fruit, finely grated orange zest, place in a greased and lined 8 inch cake tin.
- Cook for approximately one hour, test with a skewer after 55 minutes, if may need 60 or 65 minutes, when it is cold decorate as required.
- I decorated with sugar free fondant icing and Sukrin sugar free marzipan (see separate recipe below).

MO'S TIPS

As this recipe contains dried fruit it is best used for special occasions, you should get advice from your own dietitian.



MKD 94.01G CHO TOTAL
2.34G CHO PER PORTION
CHO: 94.01G FAT: 392.97G
PROTEIN: 113.38G KCAL: 4,366



IF YOU SERVE 40 PORTIONS
EACH PIECE WILL GIVE:
9.82G FAT / 2.83G PROTEIN / 2.34G CHO
ALLERGENS: NUTS, EGGS, MILK.

CELEBRATION CAKE TOPPING

INGREDIENTS

- 400g Sugar free marzipan - SUKRIN
- 25g Vegetable fat - TREX
- 200g Sugar free marshmallows - SAINBURY'S

- 200g Sugar free icing - SUKRIN, PURESWEET or NATVIA
- 15g Vanilla extract

METHOD

- To make the fondant icing, melt the marshmallows with the Trex fat.
- Add the icing and vanilla, it will be sticky until it cools. Wrap in cling film and leave at room temperature until it sets.
- The marzipan will just cover an 8 inch cake, you could of course make your own marzipan using ground almonds and egg whites.
- I did not as I know raw egg in a recipe is not acceptable to all.

The fondant icing recipe was provided by Chef Derek from Nutricia.

IF YOU SERVE 40 PORTIONS THIS WILL ADD THE FOLLOWING TO THE CELEBRATION CAKE RECIPE:
2.7.5G FAT / 1.03G PROTEIN / 1.1G CHO



MKD 44G CHO TOTAL
1.1G CHO PER PORTION
CHO: 44G FAT: 110G
PROTEIN: 42.20G KCAL: 1,331



MINCE TARTS WITH BUTTERCREAM TOPPING

INGREDIENTS

- 13g Cooking apples
- 13g Butter
- 2g Shredded suet - ATORA
- 5g Sultanas
- 29g Ground almonds
- 14g Eggs
- 27g Unsalted butter

- 5g Psyllium husks

You will also need some mixed spice, 5g SUKRIN GOLD, 21g PURESWEET or SUKRIN icing, a little cold water, a few drops of green colouring, and a few drops of orange extract.

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- Reserve the UNSALTED butter and ICING sweetener.
- Make the pastry by mixing the butter into the almonds and psyllium husk. Add the beaten egg with just enough water to make a dough, leave it to rest.
- Finely chop the apple and sultanas, mix in the suet, mixed spice and Sukrin Gold.
- Line MINI muffin moulds with the pastry, press it to fit if it is easier then rolling, fill each one equally with the apple mix.
- Bake for approximately 15 minutes.
- Make the butter cream by beating together the unsalted butter and icing, add a few drops of green colouring and orange extract.
- When the mince tarts are cold, pipe the butter icing on top to look like Christmas trees, you will have to weigh the amount of butter icing you are adding, so weigh the tart before and after, you should aim for 8g per tart.



CLASSICAL 3:38 RATIO

7.08G CHO TOTAL

CHO: 7.08G

PROTEIN: 8.33G

FAT: 52.09G

KCAL: 530

I MADE 6 TARTS EACH ONE GIVES:

8.60G FAT / 1.38G PROTEIN / 1.18G CHO



MO'S TIPS

I added a few holly and berry sprinkles to make the tree look decorated. If used very sparingly they will not add anything to the values. These will keep in the fridge for at least 5 days. You could use fresh cream instead of buttercream, but they will not keep as well. These make a high fat, low carb treat or dessert.

POPPING CHOCOLATE TREATS

INGREDIENTS

- 20g Cocoa dark supreme - LINDT 90%
- 20g Organic cacao butter rounds - GREENS ORIGINS
- 10g Double cream

- 1g Freeze dried raspberry crumbs
- You will also need a few drops of liquid sweetener and some orange or coffee extract (or flavour of your choice).

METHOD

- Weigh the cream first and leave it to get to room temperature.
- In a bowl over hot water melt the cacao butter rounds and Lindt, take care it does not get too hot!!
- Remove the bowl from the pan of water as soon as it has
- melted, then add the sweetener and flavouring, followed by the cream and raspberry crumbs.
- Divide equally into moulds of your choice, I used very small Christmas novelties.
- Spray with edible food glitter as desired.



CLASSICAL 6.25:1 RATIO

CHO: 3.51G

PROTEIN: 2.26G

FAT: 36.05G

KCAL: 348

Divide the values by the number you have made to get the value of each one if necessary.



MO'S TIPS

The raspberry gives a nice popping candy effect. They are stable out of the fridge for quite a long while as long as they don't get warm of course!! They have a long fridge life so handy to have for a quick treat.

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

SUPPORTING STAFF WELL-BEING INITIATIVE DURING COVID

AT THE NATIONAL HOSPITAL FOR NEUROLOGY AND NEUROSURGERY (UCLH) LONDON



Sophia Beltran, a Staff Nurse on the John Young/Maida Vale Ward, contacted us in the summer of 2021 to tell us about the amazing Well-Being Initiative for the 54 dedicated staff there.

As their Well-Being Champion, Sophia said “Throughout the pandemic and beyond, our staff have been tirelessly taking care of our high-risk patients, and some have also been re-assigned to the COVID wards during the height of this latest global issue. Now that everyone’s back and starting to get used to the ‘new normal,’ we are also trying our hardest to make sure that our staff are well-supported not just in the technical requirements of their respective jobs, but also in their well-being.”

Matthew’s Friends were delighted to support, by providing some of our charity promotional items as requested; including our pretty range of strawberry and avocado insulated cups and notepads. Thank you to all the NHS staff for their hard work and dedication, especially in these difficult times.



CONGRATULATIONS UCL GREAT ORMOND STREET INSTITUTE OF CHILD HEALTH

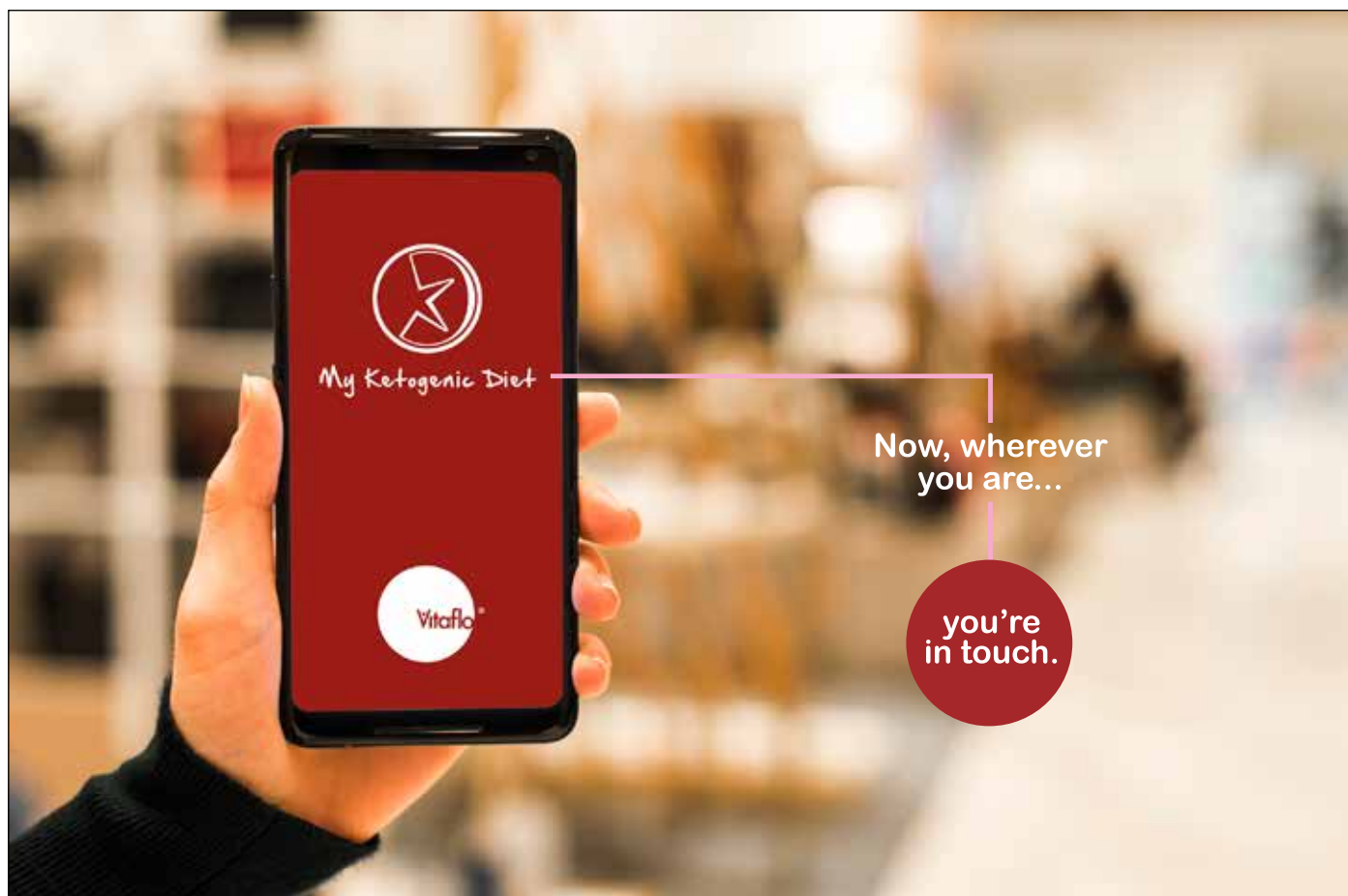
FOR WINNING THE MATTHEW’S FRIENDS POSTER PRIZE AT THE GLOBAL SYMPOSIUM



Members of the Matthew’s Friends medical board and international professional advisors, reviewed all the posters that were presented both virtually and in person at conference, to make their decision and the successful poster entitled ‘Brain biochemical alterations and seizure relief following dietary MCT supplementation in mouse model of Dravet syndrome’ deemed to be a worthy winner from a very strong selection of entries.

Professor Helen Cross OBE, presented the cheque on behalf of Matthew’s Friends to PhD student Tomas Baldwin who accepted a cheque for £500.00 on behalf of UCL.

Tomas said “Our research has focused on furthering our understanding of the metabolic effects of C10 exposure, and how this may lead to beneficial effects in patients with epilepsy.”



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 W: www.vitafloweb.com

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OUR AMAZING FREE STARTER PACKS!

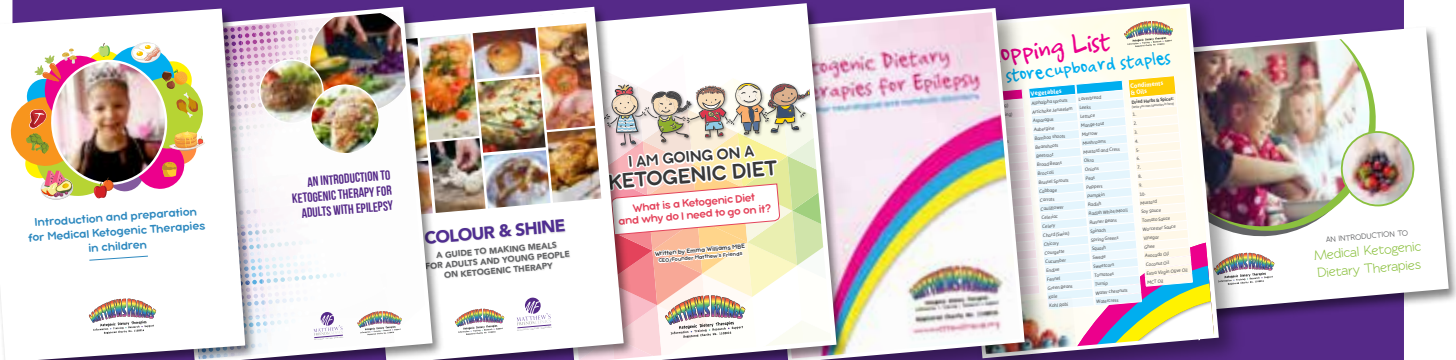
AVAILABLE TO ALL NEW KETOGENIC DIET PATIENTS!

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

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

Click on **FREE ITEMS FOR FAMILIES**

(The image opposite is a guide - the Starter Pack contents may be subject to change without notice, due to stock and funding availability).



FREE COPIES OF OUR RESOURCES ARE AVAILABLE TO FAMILIES AND PROFESSIONALS

If you would like to order a copy of any of these then please email our office on enq@matthewsfriends.org

- Introduction and preparation for medical ketogenic Therapies in Children.
- Introduction to ketogenic Therapy for adults with Epilepsy.
- Colour and Shine - a Guide to making meals for adults and young people on Ketogenic therapy (patients can obtain this booklet via their dietitian).
- I am going on a ketogenic diet - a social story for children and their families going onto a ketogenic diet.
- Charity Booklet - updated version of our general charity booklet that gives an overview of the work we do as well as Ketogenic Dietary Therapies.
- Shopping List and Storecupboard Staples - never forget your essentials and favourites for your keto cupboards.
- Introduction to Medical Ketogenic Dietary Therapies.

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A 4:8:1 tasty chocolate and hazelnut flavoured bar for use in the ketogenic diet

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NEW!



Contains
5.25g MCT
(high in C10)
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High in fibre
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– Erytritol)

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individually
wrapped 25g
bars (100g)

Speak to your dietitian to request a free sample!

For more information visit www.kanso.com

**Our mission is to improve the lives of people
who need to follow a ketogenic diet**



KETOGENICS

RECIPES OF THE MONTH!



Serving suggestion

Nutrition Information

Carbohydrate	144g
Calories	216kcal
Fat	20.8g
Protein	5.5g
Ratio	3:1

BACON AND BLUE CHEESE SOUP

Ingredients

- 8g bacon
- 9h butter
- 12g leeks
- 10g mushroom
- 10g cauliflower
- 58ml Ketocal 4:1 LQ (unflavoured)
- 5g blue cheese
- 5g cream cheese
- 4g vegetable stock cube

Directions

1. Chop the vegetables and bacon into small pieces.
2. In a pan, melt the butter over a medium/low heat and add the bacon. Fry for 2 minutes then add the vegetables.
3. Add the Ketocal 4:1 LQ and the stock cube, simmer for 10 minutes with the lid on until the vegetables are soft.
4. Blend the soup using a handheld blender until smooth then add back to the pan.
5. Add both cheeses into the soup and stir until it has melted.
6. Season with salt and pepper.

"This recipe should be served hot but can be frozen for later"

Chef Derek

CHOCOLATE CHRISTMAS PUDDING

Ingredients

- 20g ground almonds
- 16g eggs
- 17g suet
- 14g KetoCal 3:1 Powder
- 11g Bournville Cocoa powder
- 2ml orange extract
- 20g dark chocolate
- 9.5ml Ketocal 4:1 LQ (vanilla)
- 2g baking powder (carbohydrate free)

Directions

1. Chop the chocolate into small pieces.
2. In a bowl, mix all the ingredients together to form a smooth butter
3. Grease a glass ramekin or small bowl then pour in the mixture; place baking paper on the top followed by a sheet of foil.
4. Steam for 20-25 minutes until cooked.
5. Serve straight away or cool and freeze until needed.



Serving suggestion

Nutrition Information

Carbohydrate	15.48g
Calories	676kcal
Fat	60.62g
Protein	13.34g
Ratio	2.1:1



Serving suggestion

Nutrition Information

Carbohydrate	3.56g
Calories	178kcal
Fat	17.29g
Protein	2.2g
Ratio	3:1

SAGE & ONION STUFFING

Ingredients

- 10g raw pork sausages
- 10g sage and onion dried sausage mix
- 13g mushrooms
- 10g olive oil
- 1g dried ground sage
- 3g Ketocal 3:1 Powder
- 3g butter

Directions

1. In a bowl, mix the sage and onion stuffing mix with boiling water and allow to stand and cool
2. Fry the chopped mushrooms in the olive oil until soft then allow to cool.
3. In a bowl, mix the sausage meat, dried sage, Ketocal 3:1 Powder, mushrooms and stuffing mix together until well combined.
4. Place in a baking dish and dot the top with the butter. Bake for 15 minutes at 170°C

Great as part of a Christmas dinner"

Chef Derek



THESE RECIPES WERE CREATED ON MYKETOPLANNER

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

MyKetoPlanner.co.uk

Check meals on the go

Search and edit recipes

Create daily meal plans

THANK YOU ENDURANCE LIMITS


**ENDURANCE
LIMITS**
PACIFIC ROW CHALLENGE 2021



A massive Thank You to Endurance Limits, who took part in the Pacific Row challenge 2021, rowing 2,700 miles across one of the world's toughest seas, UNSUPPORTED, raising over £24,122.85 for Matthew's Friends.

The crew are Darren Clawson, Aaron Worbey, Darren Baker and Simon Evans. We were delighted to welcome some of the team to our Gala Dinner at The Grand Hotel during the Global Symposium in Brighton where they rightly received a huge round of applause.



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

www.endurancelimits.net

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**ENDURANCE
LIMITS**
PACIFIC ROW CHALLENGE 2021

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 [Facebook](#) **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 DONE PETE!

Pete Green took part in this year's London Marathon to raise funds for both Clockwork and Matthew's Friends. Please read his reason for running below.

'I took part in the London Marathon on 3rd October this year to raise funds for two amazing local charities **Clockwork** and **Matthew's Friends**. Clockwork is an Oxted based charity I helped to launch after the heart-breaking loss of our beautiful daughter Molly to suicide in June 2015.



Clockwork seeks to help young people access local counselling and mental health services; and by seeking to promote and protect good mental health, through services such as peer listening, support groups and information provision. To carry out this work, Clockwork relies on a programme of fundraising events and activities, either organised by the charity itself or on its behalf by supporters. Clockwork receives no government or local authority funding.

www.clockwork.org.uk/about-us

Matthew's Friend's is another local charity that started in Oxted now based in Lingfield that seeks to help those suffering with Intractable (drug-resistant) epilepsy using medically managed Ketogenic Dietary therapies. Registered in 2004 by Emma after her son



Matthew suffered countless seizures that were not helped by medication, eventually Matthew was placed on a medical trial at GOSH and whilst he had suffered catastrophic brain damage due to the seizures the Ketogenic Diet improved his quality of life immeasurably. Matthew's Friends also receives no government or local authority funding

www.matthewsfriends.org



Both of these amazing charities have the ability to help change lives for the better - please help me raise funds to help them keep doing their amazing work, for Molly and for Matthew.'

Pete, you are truly an inspiration. Thank you.

Pete has raised over **£6500** so far to be shared between the charities, his fundraising page is still open for a short while if you'd like to donate to either clockwork or Matthew's Friends.

<https://uk.virginmoneygiving.com/PeterGreen21>

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 2021 and beyond, thank you.

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 [Facebook](#) **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

A FANTASTIC ACHIEVEMENT!

Suzannah Pinkerton took part in the Paris Marathon on 17th October to raise funds for Matthew's Friends.

She did amazingly well and finished in 3hrs and 52 Minutes – a brilliant run. Suzie has raised a tremendous amount - **£1760** including gift aid, please click on the link below if you'd like to donate too.

www.justgiving.com/fundraising/suzipinkerton

Thank you so much for your support Suzi, it means the world!



ROYAL PARKS HALF MARATHON

Laura McGrady and Luke Heather both put themselves forward to take part in this year's Royal Parks Half Marathon to raise funds for Matthew's Friends.

We are so grateful to them both for taking this on, it takes time and dedication to take part in a half marathon and we appreciate every minute they spent preparing for and taking part in the event.



Laura and Luke don't know each other but, amazingly amongst all those people, they bumped into each other and sent us this picture of them together before the run.

Both of these amazing young people absolutely smashed the run. Luke is only 17 and this was his first 'event', he had this to say:

'I finally did it and it was such an experience. I'm extremely glad I could run for you. First of all, I guess I'll tell you that I came 138th with a time of 1:27:58 which I am extremely pleased with and I'm really glad I could get such a great time and I guess it's due to 3-4 months of solid training so I'm glad it payed off.'

'This is probably a memory I'll treasure for a long time and I'm now more excited about running than ever so thank you!'

138th on his first attempt!! Watch out Mo Farah!

Laura said

'The keto diet and the support you gave my mum genuinely changed her life for such a long time and I would love to raise money for your charity as it is such a hugely worthwhile cause.....'

And afterwards..

'Had a really lovely day but can confirm teaching today was a struggle! I'd need a few days with my feet up and being waited on to recover'

Laura was back at it the next day!

Between them these two amazing young people have raised over **£1400** for Matthew's Friends. Both their fundraising pages are still open if you'd like to add to that amount.

<https://www.justgiving.com/fundraising/luke-heather>

<https://www.justgiving.com/fundraising/laura-mcgrady123>

Thank you to both Laura and Luke for their amazing support – we couldn't do what we do without people like you!



Laura with her medal



Luke with his medal

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 2021 and beyond, thank you.