#STANDWITH UKRAINE

MATTHEW’S FRIENDS SUPPORT THE PEOPLE OF UKRAINE DURING THESE TERRIBLE TIMES

PRAYING FOR PEACE

RUN THE ROYAL PARKS HALF MARATHON FOR KETO FAMILIES
9TH OCTOBER 2022

For more information contact: enq@matthewsfriends.org
Race info: royalparkshalf.com
Matthew’s Friends Supporting Patients and Families

ONLINE INTRODUCTORY AND INFORMATION FILMS
At your leisure, view films made by the Matthew’s Friends Team led by the Chair of our medical board, Professor Helen Cross OBE.
Topics include:
• History of the diet
• Different types of diet available
• The need for medical management
• Side Effects of the diet
• Recipe and ingredient demonstrations
• Family Stories

FACEBOOK FAMILY SUPPORT FORUM
Once you or your loved one is on a medically supervised ketogenic dietary therapy, you can gain access to our Facebook support forum by filling out the request form and sending it to us. You will then be invited to join the forum and get to know other families in the same situation as yourself, where you can discuss any problems or concerns you may have or share your successes, recipes and handy hints and tips that makes things work for you.
This is a safe and confidential forum which is moderated by the Matthew’s Friends team of past and present Ketogenic Ambassadors and Regional Co-ordinators all of whom have a wealth of experience. Our Ketochefs will also be on hand to answer any food questions for you and from time to time we will have guest professionals join us for specific question and answer sessions on topics that YOU want addressed.
Click the button below for access to the films and the Facebook support forum.

THE MATTHEW’S FRIENDS KETOCOLLEGE TELEPHONE SUPPORT LINE +44 (0) 788 405 4811

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

CONSIDER A MEDICAL KETOCOLLEGE DIETARY THERAPY

Contact Matthew’s Friends at enq@matthewsfriends.org for an information pack.
www.matthewsfriends.org
AN ADVANCED CPD COURSE FOR NEW AND REFRESHER KETOGENIC THERAPY LEARNING AND NETWORKING

In its 6th year, KetoCollege 2022 offers both scientific background and practical training in all aspects of implementation of the different Ketogenic Therapies. Led by recognised Ketogenic Diet experts, it will include presentations, workshops and time for networking. Registrations are welcome from allied medical health care professionals currently working with or looking to expand their knowledge of Ketogenic Dietary Therapies.

To register your interest please email: ketocollege@mfclinics.com

CPD APPLICATIONS PENDING
DAY 1: TUESDAY 24TH MAY
MEDICAL MASTERCLASS

PROF. HELEN CROSS OBE
Presenting: Introduction to Ketogenic Dietary Therapy and when to consider these therapeutic options

PROF. COLIN DOHERTY
Presenting: Ketogenic Dietary Therapies for Adults

PROF. ERIC KOSSOFF
Presenting: Ketogenic Dietary Therapies and Anti-Seizure Drugs

DR. ANITA DEVLIN
Presenting: Management of emergency situations

PROF. STÉPHANE AUVIN
Presenting: Report from Global Symposium 2021 and launch of International Ketogenic Society (INKS)

PROF. JOERG KLEPPER
Presenting: Metabolic Disorders – Glut 1 Deficiency and Pyruvate Dehydrogenase Deficiency

DR. ARCHANA DESURKAR
Presenting: Use of Ketogenic Therapy in Other Conditions

NETWORKING AND Q&A | VISIT EXHIBITOR STANDS

To register your interest, email: ketocollege@mfclinics.com
For the full programme, visit: www.ketocollege.co.uk
DAY 2: WEDNESDAY 25TH MAY
DIETETIC MASTERCLASS

JEN CARROLL RD
Presenting:
Preparing a family for KDT and Modified Diet Workshop

SUE WOOD RD
Presenting:
Considerations of type of ketogenic therapy to use with each patient

ROE WOOD RD
Presenting:
Low Glycemic Index Treatment (LGIT) for Adults

SUE WOOD RD
Presenting:
Practical solutions to overcome feeding issues

ZOE SIMPSON RD
Presenting:
Classical Diet Workshop

We are extremely proud to have with us some very experienced Mentors teaching the programme this year and we would like to thank all their respective hospitals and centres who have allowed them to take time away from their busy clinics in order to be with us.

MATTHEW’S FRIENDS | 6TH ANNUAL KETOCOLLEGE PROGRAMME 2022

To register your interest, email: ketocollege@mfclinics.com
For the full programme, visit: www.ketocollege.co.uk

Matthew’s Friends would like to thank the Ketogenic Dietitians Research Network (KDRN) for leading our workshops this year. If you would like to learn more about this group then please visit their website here.
DAY 3: THURSDAY 26TH MAY
DIETETIC MASTERCLASS

NICOLE MILLS RD
Presenting: MCT Workshop

LUCY BELLIS ESN
Presenting: Dietetic assistant and nurse workshop – practical information on supporting families

SARA VIADERO PRIETO
Presenting: Dietetic assistant and nurse workshop – practical information on supporting families

DR ELLES VAN DER LOUW
Presenting: Ketogenic Parenteral Nutrition for Paediatrics

VICKI WHITELEY RD
Presenting: Tube Feeding and Blended Diets

ZOE SIMPSON RD
Presenting: Monitoring and Side Effects

TRACY CAMERON RD
Presenting: Supplementation and Medications

RACHEL MESKELL RD
Presenting: Switching, discontinuing and revisiting diet therapy

EMMA WILLIAMS
Presenting: How can Matthew’s Friends help you?

To register your interest, email: ketocollege@mfclinics.com
For the full programme, visit: www.ketocollege.co.uk
Purple Day is a Global event created by Cassidy Megan in 2008 motivated by her own struggles with epilepsy.

The goal is to get people talking about epilepsy to help dispel myths, raise awareness, and let people that suffer with the condition know that they are not alone.

Matthew’s Friends have been supporters and ambassadors for Purple Day here in the UK almost since the very beginning.

Please show your support on Purple Day by wearing purple, hair, nails, clothes, anything at all.

Hold a Purple Day event – a coffee morning is a fabulous way to get people together, now we are allowed again, for a chat over a cuppa and perhaps a purple cake or two.

Please follow the link and support Matthew’s Friends this Purple Day.

CLICK FOR LINK

#purpleday
#purpledayeveryday

KETOSTAR T-SHIRTS
AVAILABLE FROM OUR ONLINE SHOP

KIDS £8.50/ADULTS £12.50 PLUS P&P

Great T-shirts with our KetoHero logo on them. Ideal presents for people and you are raising money for us at the same time. Click the button below to visit our shop!

VISIT OUR SHOP
CHEF DEREK’S RECIPE
OF THE MONTH

This basic sponge recipe can be used for cupcakes or whoopie pies! Great for desserts, lunch boxes or for a bake sale!

Ingredients:
15g beetroot, boiled in unsalted water
25g unsalted butter
15g Truvia sweetener
25g eggs
17g flaked and ground almonds
4g baking powder
20g Ketocal 3:1 Powder
3ml sugar free vanilla extract

Nutrition Information (for entire recipe):
Carbohydrate: 4.48
Calories: 478
Fat: 46.03
Protein: 10.35
Ratio: 3:1

Method:
1. Puree the cooked beetroot until smooth
2. In a bowl, whisk the butter and sweetener with the vanilla extract until smooth and fluffy.
3. Add the beetroot, almonds, Ketocal 3:1 Powder and baking powder. Mix until you have a soft cake batter
4. At this stage you can add a few drops of purple food colour if you want a stronger colour
5. Place into cupcake cases or pipe onto a lined baking sheet for whoopie pies
6. Bake at 170°C for 8-10 minutes
7. The cakes can be frozen until needed for 3 months
8. Decorate with your chosen decorations

THIS RECIPE WAS CREATED ON
MYKETOPLANNER
The dietary planning tool that provides flexibility and variety for the ketogenic community.
myketoplanner.co.uk

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.
OUR AMAZING FREE STARTER PACKS!

AVAILABLE TO ALL NEW KETOGENIC DIET PATIENTS!

Request from your specialist ketogenic dietitian or click the order button below. Only available in the UK and Ireland.

CLICK TO ORDER

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 eng@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.
SPRING HAS SPRUNG thank goodness! Evenings are getting lighter, the daffodils are out and everyone starts to feel just a little bit brighter as Summer approaches.

During Spring we look forward to Purple Day, Mother’s Day and Easter Bank Holidays, so some nice reasons to get together and as always, Mo never disappoints with appropriate recipes!

We hope you enjoy trying some of these, the chocolate mallows being particularly yummy! However, just a little word of warning, the Chocolate mallows and the icing on the celebration cake does contain Maltitol which can affect blood sugars, so be careful especially if you are sensitive to blood sugar changes.

We hope you all have a lovely Spring season.

For Ketogenic recipe demonstrations and tutorials click the below to visit Matthew’s Friends

#KetoKitchen YouTube channel

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
**BAKEWELL CAKE - TRAYBAKE**

**INGREDIENTS**
- 10g Flaked toasted almonds - MORRISONS
- 70g Coconut powder – TRS or EAST END
- 83g Eggs
- 20g Soft cheese - PHILADELPHIA
- 22g Ground almonds
- 54g Raspberries
- 63g Vegetable oil
- You will also need 50g of granular sweetener (I used SUKRIN granular which is 1:1, you may need to adjust if you use a different brand), 1/4 teaspoon of Xanthan gum, a little liquid sweetener, a few drops of almond extract and 1 teaspoon BARKAT baking powder. A suitable baking tin approximately 6inch square, lined with baking parchment.

**METHOD**
- Pre heat oven to 180c / fan 160c / gas 4.
- First make the raspberry jam. Put the raspberries in a pan with 50mls of water, bring to the boil and simmer for 5 minutes.
- Remove from the heat, add some liquid sweetener to taste, then sprinkle over the Xanthan gum, mix well, and leave to go cold.
- Beat together the egg, oil, granular sweetener, and extract.
- Mix together the coconut powder, Barkat baking powder and ground almonds.
- Add to the egg mixture with the Philadelphia, mix well.
- Put half the mixture into the prepared baking tin, dot over the jam, cover with the remaining cake mix.
- Sprinkle with the flaked almonds.
- Cook for approximately 25 minutes, until golden brown. 10. Service warm or cold.

**MO’S TIPS**
I used Mr P rapid Xanthan gum which mixes in really well without clumping. Serve with cream for added fat. You can keep in the fridge for 4 days, or freeze – this may affect the crispiness of the almonds but they will be OK.

**CLASSICAL 4.58:1 RATIO**
1.11 G CHO PER PIECE
CHO: 10.04G  FAT: 133.26G
PROTEIN: 19.05G  KCAL: 1316

**CUT INTO 9 EQUAL PIECES, EACH ONE WILL GIVE:**
14.80G FAT / 2.11G PROTEIN / 1.11G CHO

---

**CHOCOLATE MALLOW**

**INGREDIENTS**
- 25g Sugar free marshmallows
- 14g Cocoa dark supreme – LINDT 90%
- 2g Cacao butter – GREEN ORIGINS ORGANIC
- You will also need a few drops of liquid sweetener.

**METHOD**
- Melt the chocolate and cacao butter together.
- Add the liquid sweetener to taste.
- Using a cocktail stick inserted into each mallow, dip them in the melted chocolate.
- Use half of a potato as a holder to keep the mallows upright until set.
- The chocolate sets really quickly so you need to do the covering as fast as you can to get a smooth finish.
- When set, place in small sweet cases.

**MO’S TIPS**
They keep well in a container at room temperature, but of course the chocolate will soften if they get too warm! I used FREE1ST marshmallows, which are available from some supermarkets and Amazon. I found that 9 of them weigh 28g.

**MKD 3.09 CHO TOTAL**
CHO: 3.09G  FAT: 9.83G
PROTEIN: 2.45G  KCAL: 111
FROSTED LEMON CAKES

**INGREDIENTS**
- 25g Ground almonds
- 20g Butter
- 43g Eggs
- 13g Ultra fine fiberflour – LONJEVITY FOODS
- 5g Lemon juice
- 3g Lemon peel
- 1g Ultra fine fiberflour – LONJEVITY FOODS
- 3g Ultra fine fiberflour – LONJEVITY FOODS
- 5g Lemon juice
- 3g Lemon peel
- You will also need 15g of sweetener granules of your choice (I used TRUVIA), 2g of BARKAT baking powder and 12g icing sweetener (I used SUKRIN).

**METHOD**
- Pre heat oven to 180c / fan 160c / gas 5.
- Soften the butter and beat in the granular sweetener.
- Beat in the egg and the finely grated lemon zest.
- Mix together the fibreflour, ground almonds and BARKAT.
- Add to the butter mixture and beat everything together well.
- Place in 2 cupcake moulds.
- Cook for approximately 15 minutes until risen and firm.
- Leave in moulds to cool for a few minutes.
- Make the frosting by mixing the ICING sweetener with the lemon juice.
- When the cakes are cold, top with the frosting and place in pretty cake cases (optional).

**MO’S TIPS**
As I had made a batch of chocolate treats for Easter I added 2 little chocolate eggs which were made from 90% Lindt chocolate with a dash of liquid sweetener. Easy to batch up and freeze, but add the frosting when you want to serve them.

**HOT CROSS BUNS**

**INGREDIENTS**
- 80g Almond flour floury – Holland and Barrett
- 52g Eggs
- 12g Psyllium husk – Telephone Brand Sat-Isabgol
- 9g Sultanas
- 2g Orange zest
- 4g Butter
- 2g Orange zest
- You will also need a pinch of salt, 1 teaspoon BARKAT baking powder, 7g white wine vinegar, 55g boiling water, 1 teaspoon mixed spice or cinnamon and 10g STEVIA granules or sweetener of choice.

**METHOD**
- Pre heat oven to 180c / fan 160c / gas 4. Chop the sultanas and finely grate the orange zest then weigh it!
- In a heatproof bowl mix together the almond flour, husk, sweetener, baking powder, salt, mixed spice, sultanas and orange zest. In to this stir the beaten egg, vinegar and butter cut in to pieces, mix well.
- Pour in the boiling water then stir until a stiff dough forms.
- Divide in to three equal sized buns, mark each with a cross and place on a lined baking tray, cook in a pre-heated oven for approximately 25 – 30 minutes.

**MO’S TIPS**
They can be eaten as they are or split and spread with butter. You could divide in to 4 smaller buns which would make them an ideal snack; they would only need approximately 15 – 20 minutes cooking. When they had cooled, I glazed them with a little JOSEPH’S sugar free maple syrup, this is optional.
PARTY SIZE CHOCOLATE BIRTHDAY CAKE DAIRY AND GLUTEN FREE

INGREDIENTS

- 75g Olive oil
- 286g Eggs
- 18g Cocoa powder
- 25g Vegetable fat - TREG
- 6g Psyllium husk
- 125g Ground almonds - MORRISONS
- 55g Plant butter - FLORA
- 200g Sugar free Marshmallows
- 100g Coconut powder – TRS or EAST END
- 300g Icing swectener – SUKRIN or PURESWEET
- You will also need 3 teaspoons of BARKAT baking powder, 70g of STEVIA granular sweetener OR 15mls of liquid sweetener, 15mls vanilla extract and 5mls orange extract.

METHOD

• Pre heat oven to 180c / fan 160c / gas 5.

First make the fondant icing:

• Melt the marshmallows and Tregx together, add the vanilla extract and 200g of the ICING sweetener, beat it well – it will be sticky.
• Wrap in cling film and leave at room temperature to set. Make at least 24 hours in advance.
• Mix together the cocoa, coconut, almonds, psyllium husk and Barkat.
• Whisk the eggs, oil, 70g granular sweetener (or 15mls liquid) and beat well.
• Add the dry ingredients and beat together until well combined.
• Place in a prepared 7 inch round cake tin.
• Bake for approximately 40 minutes until risen and firm, cool in the tin for 5 minutes before turning out.
• While the cake is cooling, make the butter cream.
• The Flora needs to be at room temperature, beat it until light and creamy, then beat in the remaining 100g ICING with the orange extract.
• When the cake is cold, cut in half through the middle, then sandwich together with the buttercream.
• Roll the fondant icing until it is large enough to cover the cake.
• Decorate to suit the occasion using non-edible decorations.

MO’S TIPS

I rolled the fondant a little larger than needed and overlapped it onto the board, I find this gives a neater finish to the cake. I whizzed the almonds and coconut in my food mixer just to get them a bit finer.

MKD 3.09 CHO TOTAL
CHO: 26.37G          FAT: 305.77G
PROTEIN: 80.02G      KCAL: 3177

THIS DIVIDES INTO 12 SLICES. EACH SLICE IS:
25.48G FAT / 6.66G PROTEIN / 2.19G CHO

Happy Birthday ANNABELLE!

Annabelle celebrated her 8th birthday recently and our Keto Cook Mo was on hand to make this fabulous MKD cake specially for her, Annabelle was delighted with her cake!
The new My Ketogenic Diet App, from Vitaflø®.

Informed & In touch. It’s made for you.

The brand new My Ketogenic Diet App from Vitaflø 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.
KWIK MIX
A DELICIOUS 4:1 KETO FLOUR SUBSTITUTE

Request a Sample Pack:
KetoVie.co.uk
UKinfo@cambrooke.com +44 161 962 7377

Recipe book included
with all samples to
inspire your baking!

CAMBROOKE™
PIP CODE 420-7130
Following on from the wonderful work that Leigh and Vincent started with their son Marshall back in the 2000’s, Matthew’s Friends South Africa is relaunched under the watchful eye of President Kath Megaw RD.

I have known Kath for many years now and have had the pleasure of working with her on various global projects and I am delighted that she has taken up the MF reins.

I wish Kath and her board the very best of luck as they continue our mission of raising awareness of the diet and providing training and education for those who wish to administer the diet as well as supporting those actually on it. They certainly have a big job on their hands.

Kath is a Clinical Paediatric Dietitian with special interest in special needs and epilepsy. Qualified in South Africa and specialised in paediatrics and special needs abroad. She has been in private practice for over 23 years.

Kath sits on the Board of the International Neurological Ketogenic Society and has co-authored numerous books of which ‘Low Carb Solution for Diabetics’ has been published both in SA and the UK.

Kath is passionate about seeing the tool box of ketogenic diets accessible to all families and patients across South Africa and into Africa despite resource availability! Her greatest achievement to date is as mother to three beautiful children one of whom is on a version of the ketogenic diet for her epilepsy.
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.

We are so grateful for the support of our marvellous fundraisers who give up their time and make such a huge effort to support us – we could not do without them – THANK YOU!

GOOD LUCK IN THE BRIGHTON MARATHON!

Louise Berry is taking part in the Brighton Marathon on 10th April to raise funds for Matthew’s Friends because of the help given to her friend’s daughter, Gracie, and other families.

Please visit Louise’s Justgiving page to read the rest of her story and to donate.

SUPER SKYDIVE!

The lovely Shenise Parker is doing a SKYDIVE to raise funds for Matthew’s Friends (Mad/Brave woman!)

Shenise (who is terrified of heights!) was given the skydive as a present for a special birthday and she has decided to do it to raise funds for us – follow the link to her Justgiving page to read the rest of her story and to support her fundraising.

THANKS TO OXTED & DISTRICT CHARITY DARTS LEAGUE

For their generous donation of £300 which will come in very useful indeed. Your continued support is very much appreciated!

THANK YOU TO OUR FABULOUS FUNDRAISERS!

If you would like to do something raise funds for Matthew’s Friends, please don’t hesitate to get in touch at enq@matthewsfriends.org

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 2022 and beyond, thank you.