

KETOGENIC THERAPIES

ONLINE | SUMMER NEWSLETTER 2022 | EIGHTEENTH EDITION

MATTHEWS FRIENDS

Ketogenic Dietary Therapies
Information • Training • Research • Support
Registered Charity No. 1108016

MATTHEWSFRIENDS.ORG

LAUNCH OF A NEW PRACTICAL RESOURCE FOR DIETITIANS AND PATIENTS 'BUILD A KETO MEAL' PLANNER!

The KDRN are delighted to be launching the first visual ketogenic portion-size guide. It's a resource designed to allow patients and their families to build meals electronically, whilst being able to visualise the amount of each food they are adding to their meal.

Read full article inside >>>

VISIT THE WEBSITE HERE ➞



KETO
MEAL PLANNER

SPECIAL FEATURES INSIDE:

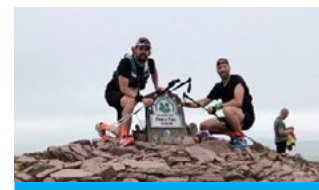
• **CHECK OUT OUR AMAZING FREE STARTER PACKS** - PAGE 7



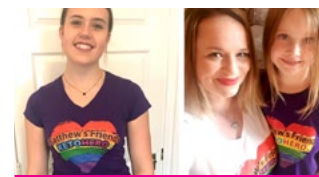
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MATTHEW'S FRIENDS 6TH ANNUAL KETO COLLEGE PROGRAMME

VIRTUAL MEETING



ARTICLE BY JEN CARROLL
CONSULTANT
KETO DIETITIAN AND
PHD RESEARCHER
Read full article on page 4 >>>

Have a wonderful
summer everyone.
The MF offices remain
open throughout, check
out our website and
youtube channel for
more summer recipes
and inspiration.



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🌐 www.matthewsfriends.org

🌐 www.ketocollege.co.uk



MatthewsFriendsOrg
#ketokitchen

TO HELP FUNDRAISING VISIT:

www.matthewsfriends.org/easy-fundraising/

Matthew's Friends are proud to be founding patrons of the International Neurological Ketogenic Society (INKS) together with our sister organisation in the USA, The Charlie Foundation. This society is bringing Ketogenic experts together from all over the world.



**INTERNATIONAL
NEUROLOGICAL
KETOGENIC SOCIETY**
www.neuroketo.org



Medical Ketogenic Diet Support Forum



Matthew's Friends Supporting Patients and Families

ONLINE INTRODUCTORY & 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
- Side Effects of the diet
- Different types of diet available
- Recipe and ingredient demonstrations
- The need for medical management
- Family Stories

CLICK TO VIEW FILM ➔



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 Ketocheffs 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.

CLICK FOR ACCESS ➔



**THE MATTHEW'S FRIENDS KETOGENIC
TELEPHONE SUPPORT LINE +44 (0) 788 405 4811**



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

**CONSIDER A MEDICAL KETOGENIC
DIETARY THERAPY**

Contact Matthew's Friends at enq@matthewsfriends.org for an information pack.
www.matthewsfriends.org

LAUNCH OF A NEW PRACTICAL RESOURCE FOR DIETITIANS AND PATIENTS



WWW.BUILDAKETOMEAL.CO.UK

The KDRN are delighted to be launching the first visual ketogenic portion-size guide. It's a resource designed to allow patients and their families to build meals electronically, whilst being able to visualise the amount of each food they are adding to their meal.

When starting Ketogenic Dietary Therapy (KDT), there is a lot of new information to consider, and meal planning for the first time can seem daunting. Most patients or carers at the beginning of their KDT journey are not used to weighing or estimating the weights of different foods. Using this tool within teaching sessions, can help families to plan meals for the first time, whilst being able to see how much of each ingredient they are including.

When planning meals at home, rather than realising mid-way through cooking that an amount of food in a planned recipe is a lot smaller or larger than expected, this programme allows portion sizes to be easily adjusted in advance, before starting cooking.

For some people, the thought of starting a ketogenic diet for themselves or a loved one, can seem particularly overwhelming if they are needing to draw upon numeracy skills they perhaps have not used since their school days. 40% of adults in the UK do not feel confident working with numbers, and for some this may be a barrier to accessing KDT for themselves or their children. This resource can take

the 'maths' out of meal planning, as the macronutrient totals of the combined ingredients are automatically calculated.

We have not included branded products, as individual formulations may change; instead the values displayed are an average of all brands and varieties of the ingredient listed.

Many thanks goes to Matthew's Friends Ketogenic Dietary Therapies Charity for their support, funding and organisation of this project. With thanks also going to Vitaflo for their sponsorship.

We hope you find it a valuable addition to your practice and hope the families you support can find it useful.

VISIT WEBSITE ➞

Nicole Mills – Paediatric Dietitian

Cambridge University Hospitals
NHS Foundation Trust
On behalf of the KDRN (Ketogenic
Dietitians Research Network)



**Ketogenic Dietitians
Research Network**

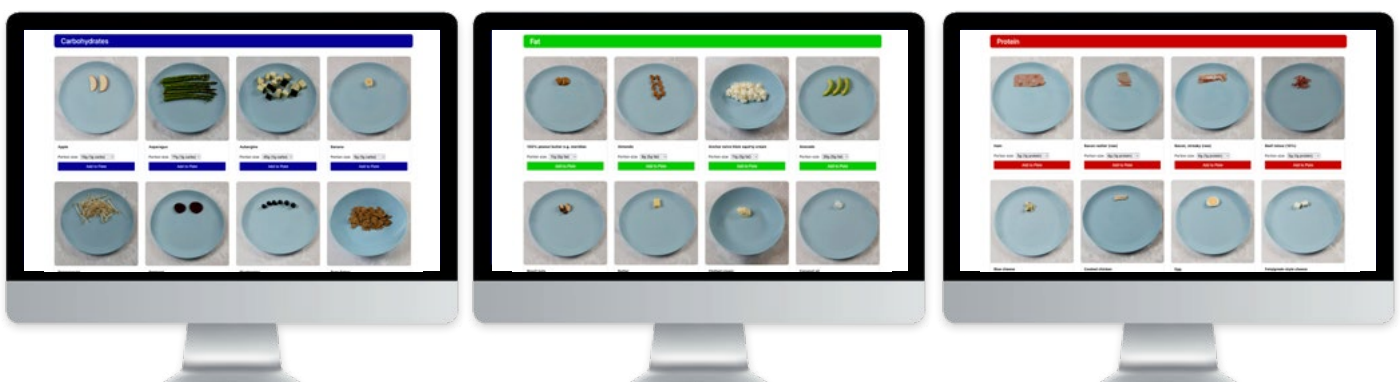
This project is sponsored by:



Ketogenic Dietary Therapies
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Enhancing Lives Together



Website page examples showing some of the carb, fats and protein options.

MATTHEW'S FRIENDS KETOCOLLEGE VIRTUAL 2022 AN INVALUABLE TRAINING PROGRAMME FOR PROFESSIONALS!



BY JEN CARROLL, CONSULTANT
KETO DIETITIAN AND PHD RESEARCHER



CORE-KDT

Core Outcomes in Refractory Epilepsy with
Ketogenic Diet Therapy



The Keto Dietitian



Matthew's Friends
KetoCollege

MATTHEW'S FRIENDS
**6TH ANNUAL
KETOCOLLEGE
PROGRAMME**

VIRTUAL MEETING

24-26 MAY 2022



KetoCollege first opened its doors in 2016 and has run every year since, including a programme in Australia (2017) and virtually online in the past two years.

Even the pandemic didn't stop the fantastic organising team at Matthew's Friends from supporting the keto community with high-quality training! KetoCollege is a unique training programme designed and written by a board of distinguished and experienced medical experts who specialise in ketogenic therapy.

An international team of mentors collaborates yearly to ensure KetoCollege is offering the latest and most up-to-date information and research to all attendees. KetoCollege welcomes neurologists, neuro-oncologists, dietitians, dietetic assistants, nurses, paediatricians and GPs. They may be new to ketogenic therapy or wish to attend a refresher course to update their skill set. This year 180 delegates from 43 countries joined the programme but as you can see from the map KetoCollege is truly global.

This year, I was delighted to join the team of brilliant keto mentors to lead the workshop on modified ketogenic diets and a session on how to prepare families for KD.

DAY 1: MEDICAL MASTERCLASS

KetoCollege kicked off on day 1 with a medical masterclass, taking delegates on a journey through the use of KD for infants (Prof. Stéphane Auvin), children (Prof. Helen Cross) and adults (Prof. Colin Doherty). The effectiveness and outcomes of the diet were considered, and how we might adapt our clinical practice to different situations, including emergencies (Dr Anita Devlin), metabolic disorders (Prof Jörg Klepper) and KD in new and emerging conditions (Dr Archana Desurkar).

We have many published international recommendations guiding the use of KD across the lifecycle and a broad range of clinical conditions, so KetoCollege is an excellent opportunity to share these with keto teams. Helping to underpin and guide their clinical practice and decision making.

Prof. Eric Kossoff shared insights on KD and anti-seizure medications. Later, he encouraged us to consider the factors that make a great keto centre and how we might implement these to ensure the families and adults we work with feel supported to undertake KD therapy.



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a helping hand

Le GAMBERTI
KETOGENIC FOODS

**Ketogenic Dietitians
Research Network**

DAY 2 & 3: DIETETIC MASTERCLASSES

I started day 2 with a session on preparing families for KD therapy. It was a great opportunity to share some of our findings from the CORE-KDT study (Core Outcomes in Refractory childhood Epilepsy treated with Ketogenic Diet Therapy- www.plymouth.ac.uk/core-kdt). We asked parents to share what might help to make KD easier for them and future families. Five key recommendations were made including;

1. **Better access to adult services to support the transition from paediatric services**
2. **Better variety and access to prescribable and shop bought ketogenic foods**
3. **Ongoing support from charities like Matthew's Friends and their keto team**
4. **Regular social education**
5. **Peer mentoring.**

Insights like these directly from parents are invaluable to share with global keto teams and help to drive ongoing keto service developments.

Sue Wood shared the different types of KD and what might influence our choice between different approaches, and Rowan Sutherill shared her expertise on Low Glycaemic Index Treatment for adults. Interactive and practical workshops supported delegates with the

practical considerations, calculation, monitoring and fine-tuning of Classical KD (Zoe Simpson), Modified KD (Jen Carroll) and MCT KD (Nicole Mills).

This practical application is a crucial focus for the mentor team. If attendees are leaving feeling more knowledgeable and confident in managing KD therapy, then we have done our job! At the start of each workshop, we asked delegates to reflect and rate their confidence with that type of KD.

When repeated at the end of the session, we were delighted to see that many delegates felt more confident in the practical use of these KDs. Other topics covered included practical strategies for feeding issues (Dr Camilla Salvestrini), ketogenic parenteral nutrition (Dr Elles Van Der Louw), practical information for dietetic assistants and nurses (Sara Viadero-Prieto and Lucy Bellis), tube feeding and blended diets (Vicki Whiteley), monitoring of KD (Zoe Simpson), supplementation (Tracy Cameron), weaning and revisiting KD therapy (Rachel Meske).

Emma Williams, CEO and founder of Matthew's Friends, closed KetoCollege Virtual 2022 by sharing some of the charity's brilliant work in supporting families, adults and professionals with KD therapy. We had generous offers from delegates to help translate Matthew's Friends information sheets into other languages, helping to ensure better access to KD therapy for all.

Each day there were brilliant keto cookery films shared which were really helpful. We dietitians are great with the keto calculations but unfortunately, we can't always cook and trial all the individual meal recipes we calculate for each adult or child.

Recipes from brilliant keto chefs like Mo from Matthew's Friends, Derek from Nutricia and Neil from VitaFlo, give us a base from which we can then adjust for individual keto prescriptions, helping to ensure the recipe we provide actually works and is tasty. We're all one big team trying to work together to make the ketogenic diet as manageable as possible for the families and adults we support. KetoCollege sponsors Matthew's Friends, Nutricia Ketogenics, VitaFlo, KetoVie, Le Gamberi ketogenic foods, and KetoCare, all shared resources and product updates to help inform keto professionals of the broad range of keto feeds, products and foods that may help families and adults with KD therapy.



**Ketogenic Dietitians
Research Network**

I'm a publicist for the Ketogenic Dietitian's Research Network (www.kdrn.co.uk), and we were thrilled to play such an active role in KetoCollege this year. Many of our members were mentors, leading the workshops and sessions in the Dietetic Masterclasses.

KDRN was also an exhibitor so it was an excellent opportunity to share what we do with a large group of professionals and welcome new members. In particular, our focus is on collaborative multidisciplinary working, promoting evidence-based clinical practice and increasing the use and awareness of KD therapy.

SO WHAT NEXT?

Delegates valued the programme and fed back positively on how much they learned and gained from the experience—leaving armed with ideas and new knowledge ready to implement in keto services and share within their wider teams.

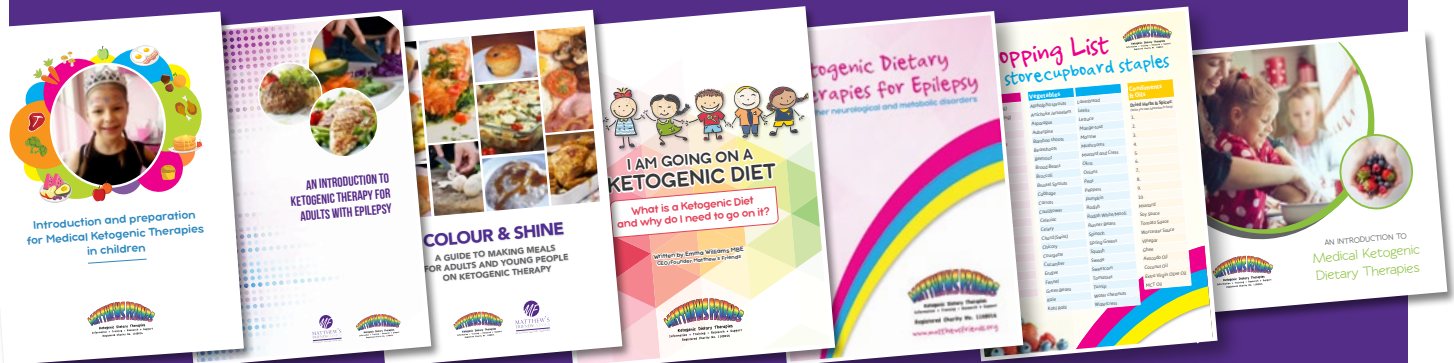
Delegates can access the video recordings and resources until August 31st 2022, giving them time to catch up on missed sessions and revisit the activities to reinforce their learning and reflection. Dare I say it, the planning has already begun for KetoCollege 2023, and there are some VERY exciting updates planned, so watch this space!

We look forward to sharing these with you via the **KetoCollege webpage** over the coming months.

**AVAILABLE TO ALL
NEW KETOGENIC
DIET PATIENTS!**

CLICK TO ORDER

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



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

- 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.

- **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.**

SUPPORTING THE KETOGENIC COMMUNITY FOR OVER 20 YEARS

Nutricia offer a range of support resources which have been designed to help optimise success on Ketogenic Diet Therapy for the management of epilepsy



Reward charts to aid compliance



Myketodiary to help track progress



Nutricia Homeward



Dedicated Ketogenic Chef



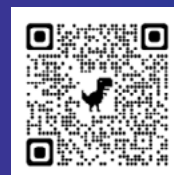
Range of recipe books



myketoplanner.co.uk



Connect on Facebook to keep up to date





Donate Your Car

Fast | Free | For Charity

Free Collection | Any Car | Nationwide

Call us on **0207 736 4242** or visit
www.giveacar.co.uk to find out more



Ketogenic Dietary Therapies
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say hello to our new ready to eat bisk

can also be used as a breakfast or snack for modified textures





14.1g fat	1.4g carb	3.2g protein	7g fibre	160 kcal	per 30g bisk contains nuts, milk & egg
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email info@ketocarefoods.com for a sample

VISIT THE THE MATTEW'S FRIENDS WEBSITE FOR USEFUL
FREE ITEMS FOR FAMILIES ON A PRESCRIBED KETOGENIC DIET ☺



8TH GLOBAL SYMPOSIUM ON KETOGENIC THERAPIES

About The Event

The September 2023 Symposium in San Diego, California will be the first organized by the INKS leadership, and will include many relevant and timely topics – including but not limited to:

- INKS membership and initiatives
- The biochemical interplay between glycolysis and fatty acid oxidation
- Clinical advances and treatment protocols
- Emerging applications of metabolism-based therapies
- The science and practice of flavor perception
- Precision nutrition approaches
- Benefits of dietary and metabolic approaches on overall brain and mental health

Discounted rates will be available at the Loews Coronado before, during, and after the Symposium to make the most of your trip to San Diego. More information coming soon!

WWW.GLOBALKETO.COM

[#GLOBALKETO2023](https://twitter.com/GLOBALKETO2023)



About the International Neurological Ketogenic Society (INKS)

Since 2017, medical professionals and non-profit organizations representing six continents on Earth have convened regularly to create a new global society devoted to the advancement of metabolism-based therapies for neurological disorders – this professional organization has been named the International Neurological Ketogenic Society or INKS. Notably, the formal inauguration of INKS in 2021 coincided with the 100th anniversary of the birth of the ketogenic diet.

PRESENTED BY



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www.neuroketo.org

IN PARTNERSHIP WITH



Charlie Foundation
FOR KETOGENIC THERAPIES



SPONSORED BY



SEASONAL RECIPES

FROM OUR KETO KITCHEN



SUMMER IS HERE! Long warm days and a chance to kick back a little (hopefully anyway!)

Mo has once again worked her magic with some new recipes which you might find useful and don't forget to check the discount codes we have available from various companies if you want to

stock up on your Keto essentials. We hope that you all have the chance to enjoy the holidays, be it at home or abroad and don't forget that the Matthew's Friends Facebook forum is there for support throughout as well as our Ketogenic Telephone Support line.

[CLICK FOR DISCOUNT CODES](#)

PRAWN COCKTAILS

INGREDIENTS

- 150g King prawns – purchased cooked
- 20g Spring onions
- 25g Lettuce
- 30g Cucumber
- 2g Garlic puree - GIA
- 3g Sundried tomato puree - GIA
- 45g Mayonnaise – HELLMANNS
- 6g Potato crisps – WALKERS ready salted.
- You will also need ¼ teaspoon of chilli powder (optional) and some seasoning.

METHOD

- Chop the lettuce and onions and slice the cucumber.
- Mix the Gia garlic and tomato puree into the mayonnaise with the chilli powder and a little seasoning.
- Add the chopped onion and prawns.
- Arrange the prawns with the lettuce and cucumber.
- Serve with the crisps

MO'S TIPS

This recipe makes 2 starters or one adult lunch. If this is for a summer party, then one portion leaves scope for other party food. If preferred, you could omit the crisps to lower the carbs which would make it possible to include a small serving of low carb bread or cracker. Our bread roll recipe is ideal! Suitable for non keto diners, easy to make into a family lunch.



MKD 5.12G CHO

CHO: 5.12G

PROTEIN: 26.20G

FAT: 38.28G

KCAL: 470



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

SPICY CHICKEN WITH HERB AND 'RICE' SALAD

INGREDIENTS

- 75g Chicken meat
- 24g Mayonnaise - HELLMANN'S
- 16g Greek yoghurt
- 50g Cauliflower
- 2g Fresh parsley
- 2g Fresh coriander
- 2g Fresh basil
- 15g Cherry tomatoes
- 10g Olive oil
- 7g Spring onions
- You will also need ½ KNORR chicken stock cube, some chilli powder and curry powder to taste.

METHOD

- Start by putting 300mls of water in a small pan and bring to the boil with the stock cube.
- Add the chicken and simmer for 15 minutes if you are using breast meat, but for 20 minutes if using thigh meat.
- Leave the meat in the stock, off the heat, for 5 minutes then remove and leave to go cold.
- This can be done up to 24 hours before it is needed.
- Reserve 40mls of the stock, this must be kept in the fridge if you do it in advance.
- Grate the cauliflower to resemble rice.
- Heat the olive oil in a small pan and fry the cauliflower for 2 minutes, then add the reserved stock and cook until the stock has evaporated. Leave to go cold.
- When ready to serve cut the chicken into bite sized pieces and mix with the mayonnaise, yoghurt, chilli powder and curry powder to taste, I found a pinch of chilli and ¼ teaspoon of curry powder was enough.
- Chop the tomatoes, onion and the fresh herbs then add to the cauliflower rice. Season to taste.
- Serve the chicken with the rice

MO'S TIPS

If you do not want to buy three fresh herbs, then just use coriander. It will still taste good but the combination is rather nice!



MKD 4.18G CHO
CHO: 4.18G
PROTEIN: 19.60G

FAT: 32.52G
KCAL: 388



CLAFOUTIS PUDDING

INGREDIENTS

- 20g Blueberries
- 28g Raspberries
- 60g Double cream
- 10g Ultra fine fiberflour - LONJEVITY FOODS
- 54g Eggs
- You will also need 17g - 34g of granular sweetener depending on your choice.
- I used 17g PURE VIA STEVIA LEAF, which is twice as sweet as sugar. You will also need a few drops of almond extract.

METHOD

- Pre heat oven to 180c / fan 160c / gas 4.
- Whisk the egg with the almond extract and granular sweetener until it is smooth, then whisk in the cream and fiberflour to make a batter. Set aside for up to 10 minutes.
- Grease 2 ovenproof dishes, they need to hold approx 125mls.
- Divide the fruit evenly between the two dishes.
- Divide the batter, taking care to make sure you have equal amounts in each.
- Place on a baking tray and cook for 20 - 25 minutes until risen and golden.
- Serve warm - they will deflate as the cool down.

MO'S TIPS

If you do not need to serve both warm, the second will keep in the fridge for 24 hours and is quite nice served cold but DO NOT re-heat! You could batch up and serve as a family desert.



MKD TOTAL
CHO: 5.66G
PROTEIN: 10.38G

FAT: 35.48G
KCAL: 383

EACH SERVING HAS:
17.74G FAT / 5.19G PROTEIN / 2.83G CHO



GLUT1

4TH EUROPEAN DS CONFERENCE

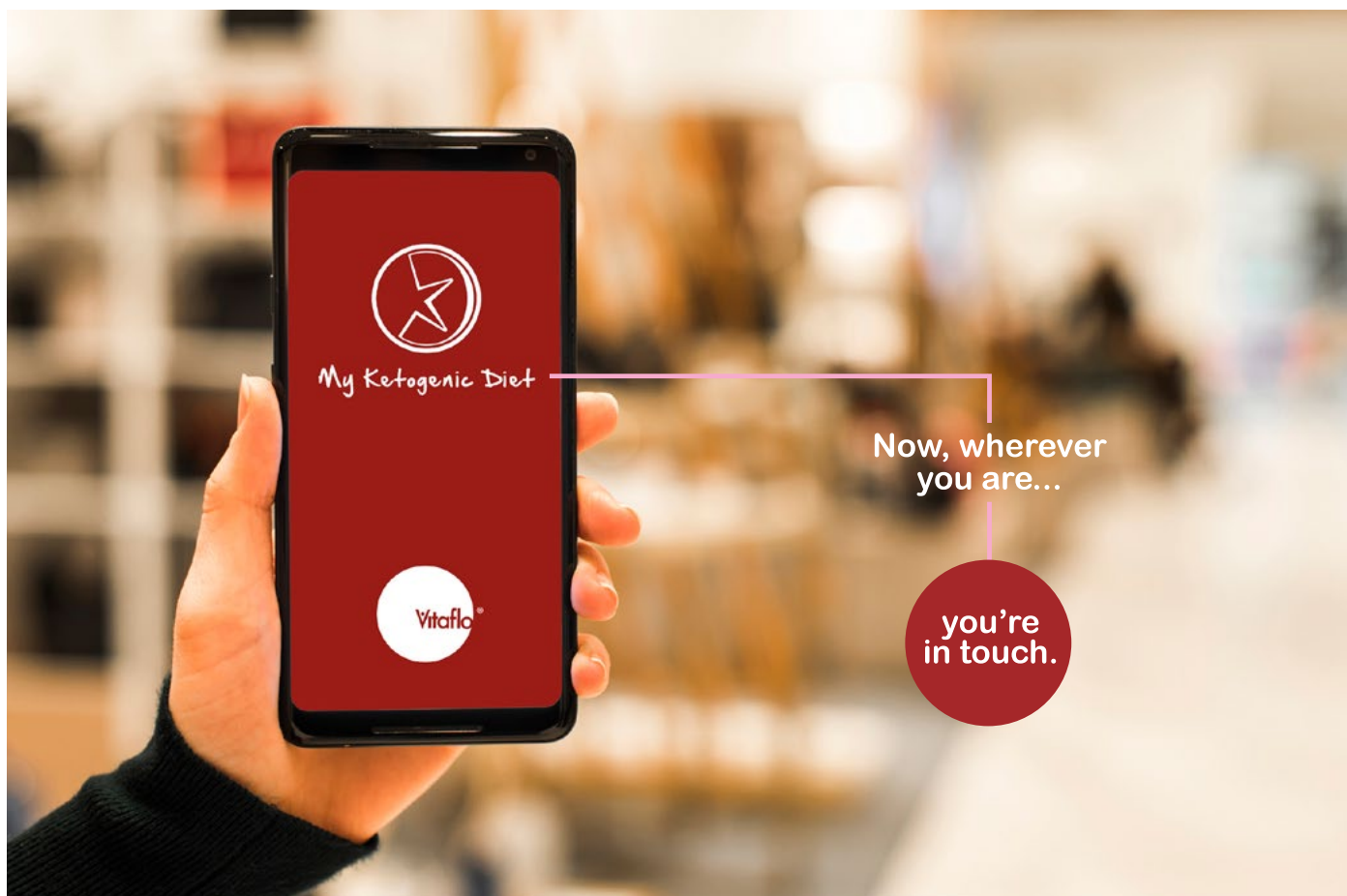
**SAVE
THE DATE**

June 15-16, 2023

ASCHAFFENBURG

In the ♥ of **GERMANY**





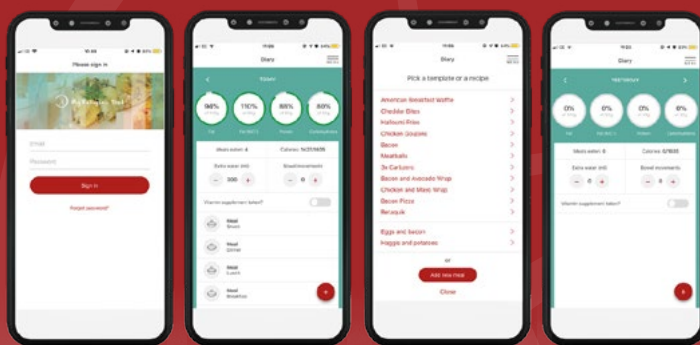
The new My Ketogenic Diet App, from VitaFlo®.

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.

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



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CAMBROOKE

Fundraising for Matthew's Friends

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'D LIKE TO THANK THESE FABULOUS FUNDRAISERS!

THANK YOU LOUISE!

Louise Berry took part in the Brighton Marathon on 10th April to raise funds for Matthew's friends and raised £340 inc. GiftAid.

Louise's fund-raising page is still open if you'd like to read more of her story.



Thank you for your support Louise.

[VISIT LOUISE'S JUSTGIVING PAGE](#)

SUPER SKYDIVE!

Well, she did it. Shenise Parker from Footprint threw herself out of a plane for Matthew's Friends!! After the original jump was postponed due to cloudy weather, on 10th May the very brave Shenise completed her sky dive and has raised over £1200!

You can watch Shenise's Skydive by clicking [here!](#)



Shenise's Justgiving page is still open if you'd like to add to her fabulous total! Thank you so much Shenise!!

[VISIT SHENISE'S JUSTGIVING PAGE](#)



MIDNIGHT MOUNTAIN MARATHON!

On 4th June Steven Ward took part in Brutal Event's Midnight Mountain Marathon!

Steve shown here on the right at the top of the 886M Pen y Fan ascent completed this gruelling challenge running through rainstorms, lightning and thunder and having to contend with muscle cramps.

Then, after all that, in the pitch dark he very romantically proposed to his girlfriend, Hanri, who we are thrilled to be able to say said YES!!! What an amazing night all round. Thank you so much Steve and our heartfelt congratulations to you and your fiancée Hanri!

Steve's fundraising page has raised over £1400, please follow the link to read more of his story.

[VISIT STEVEN'S JUSTGIVING PAGE](#)

We have one place left to fill in the Royal Parks Half Marathon on 9th October this year.

If you are interested in taking that place, please email us today! enq@matthewsfriends.org

Many thanks to our fantastic fund raisers – we are very lucky to have you!!

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.

[VISIT OUR SHOP](#) ➞

