

KETOGENIC THERAPIES

ONLINE | AUTUMN NEWSLETTER 2022 | NINETEENTH EDITION



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

[MATTHEWSFRIENDS.ORG](https://www.matthewsfriends.org)

KETOCOLLEGE ANNOUNCES NEW INITIATIVES

Since 2016 KetoCollege has been an annual event in the Matthew's Friends calendar (although a pandemic got in the way for one year) and we are really proud to say that thanks to our excellent team of experienced Mentors led by the Chair of our medical board, Professor Helen Cross

OBE, we have trained over 885 professionals from 51 countries and in turn, this means that families and patients from all over the world have received a ketogenic service from well informed and fully trained professionals.

Read full article on page 6 >>>



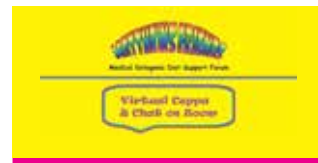
VISIT THE KETOCOLLEGE WEBSITE HERE ➞

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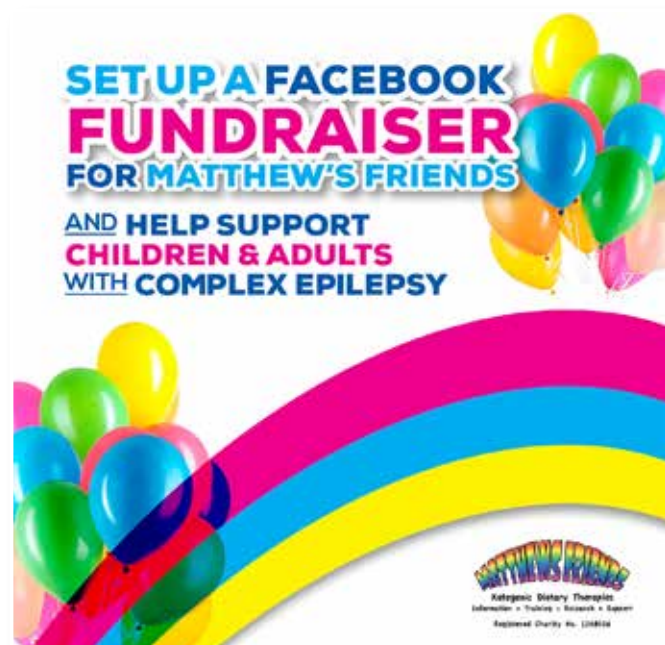
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MatthewsFriendsOrg
#ketokitchen

**CLICK HERE TO HELP
FUNDRAISE FOR
MATTHEW'S FRIENDS** ➔

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

NEW NICE REVIEW OF KETOGENIC DIETS FOR EPILEPSY!



WRITTEN BY
VAL ALDRIDGE
TRUSTEE, MATTHEW'S FRIENDS

NICE
National Institute for
Health and Care Excellence

The National Institute for Health and Care Excellence (NICE) published their evidence review of ketogenic diets for drug resistant epilepsy in April 2022.¹

Let's look at some of the comments and recommendations they made.

The committee recommended that Ketogenic dietary therapy (KDT) should continue to be available as a treatment option within the NHS, based on individual clinical need. Essentially, keeping ketogenic diets as an option for those in whom other treatment options are unsuccessful or not appropriate. Including adults at last!



PUBLISHED EVIDENCE REVIEW BY N.I.C.E.

It was interesting to have current research scrutinised both in terms of quality and methodology, as it is essential to show that KDT is a safe and tolerable option both short and longer term where medications are not working or are causing a detrimental effect on quality of life (Q.O.L.)

What the guidelines highlighted is that more is needed from research to ensure that data is available to show not only how effective KDT can be in terms of reduction in seizure numbers, but also in terms of Q.O.L.

Current research tends to focus on seizure freedom and negative outcomes. Research emphasis on outcomes must be broader to include the positive effects seen eg. increase in alertness. In our clinical experience we have learnt so much from adults able to articulate the numerous changes they have felt as an outcome of KDT. Children and those with learning difficulties although often appearing brighter, may not be able to express how they feel.

People working in the field of KDT, know it's worth, families with their success stories know its worth, but those tasked with allocating resources within our cash strapped NHS, still need sound research to convince them that further development of services is warranted.

NICE suggest that a UK study is needed to see how KDT could be offered more widely, particularly to specific groups where benefits can be found, to assess long term safety outcomes, economics/cost of KDT in UK.

BEYOND SEIZURES...

They want more than seizure inclusion in the outcomes measured which is great!

The need to explore outcomes, other than seizure frequency is already being examined. The Newcastle keto team looked at ways of measuring the Q.O.L in families with children on KDT by finding out what their achievement goals were and regularly checking if goals had been achieved.²

Recent UK research has looked at what health professionals, support charities and parents feel are the most important outcomes/benefits of KDT to be measured. This has identified just how important QOL outcomes are.³

We also look forward to the comprehensive trial results coming out from the adult centre in Birmingham in the near future which will include some measures of QOL. This is particularly relevant where adult services are concerned as these are extremely limited in England and non-existent in Scotland, Wales and Northern Ireland.

NEW NICE REVIEW OF KETOGENIC DIETS FOR EPILEPSY! CONTINUED...

KDT IS AN INDIVIDUALISED TREATMENT – ONE SIZE DOES NOT FIT ALL

NICE commented that much of the KDT research was not comparing like with like, making it difficult to compare results, especially with small patient numbers i.e. patients following KDT even within the same centre will differ in terms of application e.g. classical diet ratios may differ, medium chain triglyceride oil may be included as a fat source, carbohydrate measurement tools may vary, protein control may vary.

When the Ketogenic Dietitians Research Network (KDRN) surveyed core principles of the Modified Ketogenic Diet (MKD) most commonly used in UK practice, it concluded that it was a hybrid KDT, adopting principles from other established KDT protocols and defining new elements unique to the MKD.⁴



We are lucky to have KDRN connecting ketogenic teams and discussing KDT practice on a national basis. Looking at research into economics, safety, outcomes, the possibility of data bases and combining practical resources, so that as far as possible teams are following the same guidelines to make multicentre research easier.

We also have our product companies supporting new research, they are always a great help!

THE COST OF KDT

The economics of KDT is another area that NICE highlighted as needing further research.

As an example, NICE were looking mainly at evidence from the Netherlands, where starting KDT in hospital was included in the costings. In contrast in the UK only infants and those patients who are in status epilepticus or very poorly, with medications not working start KDT in hospital. As NICE acknowledged this will result in a considerable difference in the underlying costs of the KDT.



NICE feel that more UK research is needed and ask the question 'What is the short and long term clinical and cost effectiveness of KDT in adults and children with drug resistant epilepsy and what factors affect the long term maintenance/tolerability of KDT?'

NICE also acknowledged that it may be cost effective to try KDT in certain syndromes that are often drug resistant like MAE, Dravet and LGS early in their treatment, saving money in the long term for the NHS due to reduced medication and hospital admissions. Efficacy would thus avoid years of seizures for some patients.

It would seem logical that for all drug resistant epilepsy, even without a named syndrome, trying KDT early in the treatment could save the NHS money in the long term if effective. If not effective, it would be weaned off.

Of course, money is tight in the NHS. If KDT costs more than 'usual treatment' (despite the fact that it wasn't working!) Maybe we can find ways to reduce costs? Would more people have access to KDT if it cost less? How can we reduce costs?

DROP OUT FROM TRIALS...

NICE mention the attrition rates being high, especially with adults trialling KDT.

'All studies reported people dropping out due to lack of improved seizures and poor tolerance of diet. Adults following ketogenic diets may be up to five times more likely to drop out of studies compared with usual care. For children, dropout rates may be similar in ketogenic diet and usual care treatment groups.' Cochrane review

This could be seen as a strange way of looking at the high attrition rates! If people are dropping out due to lack of improved seizures and poor tolerance of diet the negatives outweigh the benefits. Why would you remain on KDT?

However, this could also be a reflection on levels of accessible KDT support? People may feel they don't know what they are doing and struggle with the practicalities. Or perhaps when assessed, the team has not picked up on a person's unsuitability for KDT? Where expectations are not explored and the practicalities or expected outcomes are underestimated it could explain poor attrition rates?

KDT is a medical treatment and just like one anti epilepsy drug (AED) may work for some, for others it may not. Add to that the fact that taking a tablet is a passive requirement. Changing the way you eat requires huge commitment and it involves learning new skills. Despite this, for those who choose to try KDT, even where complete seizure freedom is not the outcome, it can be empowering to suddenly feel that you have some control over life.

The amazing thing about KDT is that in some people it can help where medications have failed to do so. If a diet or medication was found that works for all, with no side effects, happy days!!

Meanwhile our mission will be to build on the new NICE guidance by helping our UK centres with resources and to continue with KetoCollege, to educate and promote KDT as a choice for those who need it, including adults!



References

1 <https://www.nice.org.uk/guidance/ng217/evidence/12-ketogenic-diets-for-drugresistant-epilepsy-pdf-398366282775>

2 Bruce S, et al. Changes in quality of life as a result of ketogenic diet therapy: A new approach to assessment with the potential for positive therapeutic effects. *Epilepsy Behaviour*. 2017 Jan; 66:100-104. doi:10.1016/j.yebeh.2016.10.001. Abstract <https://pubmed.ncbi.nlm.nih.gov/28038385/>

3 Carroll JH, et al. Core outcome set development for childhood epilepsy treated with ketogenic diet therapy: Results of a scoping review and parent interviews. <https://www.sciencedirect.com/science/article/pii/S1059131122001133>

4 Martin-McGill JM, et al. Understanding the core principles of a 'modified ketogenic diet': a UK and Ireland perspective. *J Hum Nutr Diet*. 2019 Jun;32(3):385-390. doi: 10.1111/jhn.12637. Abstract <https://pubmed.ncbi.nlm.nih.gov/30859652/>

KDRN website is here : <https://kdrn.co.uk/>

EXCITING DEVELOPMENTS

FOR MATTHEW'S FRIENDS KETOCOLLEGE

It has always been part of our mission to support unbiased education and training. KetoCollege is an important part of this mission. In response to the pandemic, as well as requests for this training to be held more than once a year, we are excited to announce:



E-LEARNING PLATFORM:

Following the huge success of the online meetings that we were forced to hold because of the pandemic and aimed at medical professionals new to ketogenic dietary therapies, KetoCollege is going online. New ketogenic teams will now be able to access training all year round wherever in the world they are. This platform will also replace the basic tutorials we currently have available for medical professionals. There is a reduced rate for countries in resource restricted areas of the world and we are looking forward to launching our new platform later this year.



KETOCOLLEGE WEBINARS:

These are free webinars that will supplement the basic KetoCollege course and again be available on our e-learning platform. Topics will change each year and these webinars can be for either medical professionals or patient/family groups and in some cases both. Webinars will be clearly marked for their intended audiences.



KETOCOLLEGE ADVANCE:

Again this meeting is aimed at Medical professionals, only this time the more experienced professionals and those already in Ketogenic practice or who have completed previous KetoCollege courses or the e-learning KetoCollege course. The programme will change each year to cover the latest developments and hot topics in the Ketogenic world and again will be a highly practical, interactive face to face meeting. This meeting will also look more in depth at certain areas of these therapies and teach delegates how to deal with the more challenging aspects of Ketogenic Dietary Therapies especially in the more complex patient groups.



MATTHEW'S FRIENDS EDUCATION DAY:

This day is a face to face meeting for families, patients, carers, teachers, care staff and allied health professionals which we have attached to our KetoCollege Advance meeting. Expert mentors from KetoCollege Advance will give informative presentations, as well as there being highly practical sessions and plenty of opportunity for interaction with the professionals and networking with other families. More information about this day will be coming soon.

If you wish to receive further information on any of the above then please visit www.ketocollege.co.uk or email us on Info@ketocollege.co.uk



FREE WEBINAR ON KETOGENIC TUBE FEEDING

WEDNESDAY 5TH OCTOBER 2022
2:45PM – 6:15PM BST

To register please visit: www.ketocollege.co.uk

This webinar is intended for medical healthcare professionals only.

SUPPORTED BY:



COMING SOON

CPD E-LEARNING MODULES FOR HEALTH PROFESSIONALS NEW TO KETOGENIC THERAPIES





23RD & 24TH MAY 2023

CROWNE PLAZA FELBRIDGE HOTEL • EAST GRINSTEAD • WEST SUSSEX

**ADVANCE YOUR KETOGENIC THERAPIES SKILLS
AT THIS 2-DAY INTENSIVE CPD PROGRAMME**

Suitable for experienced KDT health professionals
& those who have completed the e-learning modules



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fat**

**1.4g
carb**

**3.2g
protein**

**7g
fibre**

**160
kcal**

**per 30g bisk
contains nuts, milk & egg**

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KETOGENIC CHAT

A NEW FAMILY SUPPORT INITIATIVE FOR NHS
KETO CENTRES, FUNDED BY MATTHEW'S FRIENDS!



COME AND JOIN US

FOR TEA, COFFEE, CHATS & KETO RECIPE SWAPS...

MATTHEW'S FRIENDS' SUPPORTING FAMILIES

Thanks to our amazing fundraisers, we are providing a funding opportunity for local Ketogenic Chat meet-ups for families, to all UK/ Eire NHS/HSE paediatric or adult ketogenic diet service!

If you would like to meet up with other keto families in your area, ask your keto dietitian for more details.

Dietitians: please contact julie@matthewsfriends.org to arrange your funding.

We are extremely grateful to Surrey County Councillor Cameron McIntosh for approving funding of £ 250 for our Ketogenic Chat project from his Members' Community Allocation.



MATTHEW'S FRIENDS KETOSTAR —AWARD—

TIA IS SEIZURE FREE!

The keto diet has been a lifesaver for Tia! She was suffering with 100s of seizures every day, her worst time was when she was having myoclonic clusters for 7+ hours every single night for about 2 months straight. she suffered with multiple types including spasms, tonic seizures, myoclonic, absent etc.



We started the diet on Tuesday 9th November 2021 as an emergency inpatient due to Tia's seizures being severely uncontrollable and failing multiple epilepsy medications. We went fully keto from day 1 and stayed in hospital for a total of 6 weeks. By the time we left the hospital there was about 80% reduction in Tia's seizures. 17th December 2021 - the last ever recorded seizure. Tia hasn't had a seizure since this date and this is all down to the ketogenic diet! The ketogenic diet was kind of our last hope and I remember being so nervous for Tia to start but I also had a glimmer of hope that kept us both going. I count my blessings every single day that Tia doesn't have a seizure.

Without this diet Tia had no quality to life and I can't say if she would be here or not. She just lay there - not able to roll, pick anything up, walk, talk etc. Although Tia is behind on her development, since being seizure free she's come on in leaps and bounds!! She can roll both ways, grasp her toys, crawl backwards, she's even weight bearing on her feet and her favourite thing to do at the moment is blowing raspberries.

It's crazy how much a diet can help and I remember so many people saying to me it wouldn't help before we started. It's literally changed Tia's life and has been a lifesaver!!

Chloe – Tia's Mum



Tia's mum Chloe nominated a few people who had helped her along the way to receive our Keto-Star Award in recognition of the help and support they had given her including **Rachael Strang** – Tia's dietitian at The Royal Preston Hospital 'For being an amazing dietitian - without Rachael we wouldn't be where we are today'!

And **Jo Lavender** 'For always helping out and giving amazing advice! Also for being a keto genius when it comes to making recipes.'

Both were thrilled with their awards, Rachael said 'Thank you so muchIt was most unexpected and very kind.'

And Jo had this to say "It feels wonderful to be acknowledged as someone who tries to support others on their Keto/Epilepsy journey. I was very surprised to receive a lovely bunch of flowers & have been able to buy a gorgeous "Jelly Cat Banana" of all things, for the kids to share - (they're both JellyCat mad) with the very kind Amazon voucher, a treat rather than a necessity. Thank you Matthew's Friends & Chloe for nominating me. Jo x"

All of us here at Matthew's Friends would like to say thank you so much to Rachael and Jo for the amazing support you have shown Chloe and Tia, your Keto-Star awards are very well deserved!



Rachael Strang
Specialist Paediatric
Dietitian Lancashire
Teaching Hospitals
NHS Foundation Trust

If you know of anyone you think deserves the recognition of a KetoStar Award please do let us know by nominating them using this from [HERE](#). We love hearing from you!

NEW COLOUR & SHINE BOOKLET

UPDATED VERSION!

We are delighted to announce that our popular Colour and Shine booklet has been updated. Aimed at young people and adults on Ketogenic Therapy, this booklet is an excellent starting point for basic recipes and information and is freely available from your dietitian.

If you are dietitian and would like to order these booklets for your patients then please contact us on enq@matthewsfriends.org requesting the number of copies you wish to receive.



MATTHEW'S FRIENDS FACEBOOK FORUM & VIRTUAL CUPPA AND CHAT SESSIONS



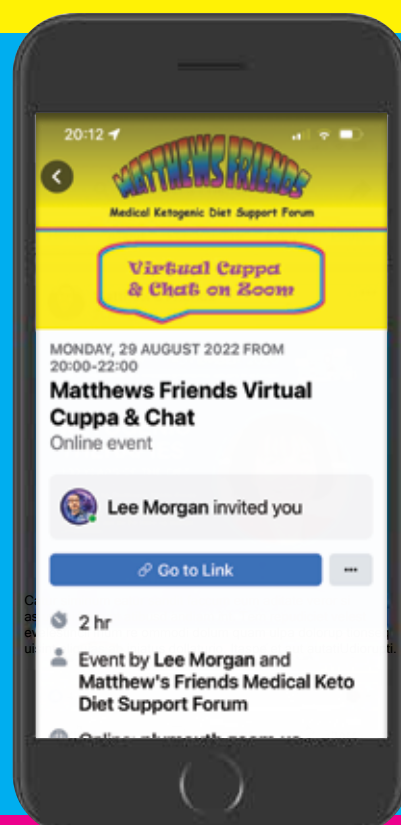
Virtual Cuppa
& Chat on Zoom

Don't forget that we have a very active Facebook forum to support you and your family.

To make sure you are as safe as possible within our forum (especially when sharing your story or personal experiences) we ask that you complete the online form [HERE](#) before requesting to join the forum [HERE](#).

Once we can match up the form and the request to join then you will be admitted to the forum where you will be part of a wonderfully supportive group of patients and families that are all 'in this together' and whom are hugely welcoming.

You will also gain access to our regular virtual Coffee and Chat sessions via zoom that are held every Monday evening at 8pm (UK time) and sometimes we have guest speakers that join us on these sessions. We look forward to seeing you in there!



MATTHEW'S FRIENDS ARE PROUD TO SUPPORT THE KETOGENIC DIETITIANS RESEARCH NETWORK (KDRN)

UPCOMING KETO REGISTRY!



Work is underway to create an international ketogenic diet registry – an online database to collect information about individuals with epilepsy referred for ketogenic diet therapy, such as the reasons why some do not establish ketogenic diet, what care individuals receive when on diet, how they respond and so on. This will be used to help improve quality of care, now and in the future.

The project is led by Dr Natasha Schoeler, Senior Research Fellow at UCL Great Ormond Street Institute of Child Health, and Honorary Dietitian, in collaboration with Dr Elles van der Louw (Erasmus MC Sophia Children's Hospital) and Victoria Whiteley (Royal Manchester Children's Hospital). We are grateful for the support of Matthew's Friends, Nutricia, Vitaflo Ltd and the British Dietetic Association for funding this work.

We are currently refining exactly what questions we would like to answer with this registry – these questions will be best answered by collecting information on large numbers of patients who have something in common (ketogenic diet therapy!). We are planning to collect information from clinical teams and, potentially, from patients/families. We will be using an 'eDelphi' consensus approach to decide, TOGETHER, what data YOU want to collect. Watch this space over the next few months for the first survey.



Natasha Schoeler RD

Research Dietitian working on Ketogenic-Diet related trials at UCL, Great Ormond Street Institute of Child Health.



Dr. Elles J.T.M van der Louw RD

Senior dietitian at the Erasmus MC- Sophia Children's Hospital, Rotterdam, the Netherlands.



Victoria Whiteley RD

Paediatric Dietitian, specialising in ketogenic diet therapy, Royal Manchester Childrens Hospital, UK

ECONOMICS EVALUATION:

Ketogenic diet therapy has been included in the National Institute for Health and Care Excellence (NICE) guidelines for the management of epilepsy in children and young people since 2012, with a recommendation at this time to consider a ketogenic diet after 2 failed anti-seizure medications.

This guideline was recently reviewed, and it was highlighted that there is no relevant cost data for the National Health Service (NHS) in the UK on starting and maintaining ketogenic diets.

Victoria Whiteley (Royal Manchester Childrens Hospital), in collaboration with Dr Sean Gavan, Research Fellow in Health Economics at Manchester University, and Dr Natasha Schoeler, Senior Research Fellow at UCL Great Ormond Street Institute of Child Health, as part of KDRN, are supported by Matthew's Friends and Nutricia Metabolics to address this evidence gap with the project 'The cost of implementing ketogenic diet therapy for children with refractory epilepsy in the UK'.

This project will be essential to inform national guidance on using KDT routinely to benefit patients with difficult to control epilepsy.

Written by: **Natasha Schoeler PhD RD MA (Cantab) MSc**

Senior Research Fellow and Honorary Dietitian. UCL Great Ormond Street Institute of Child Health and Great Ormond Street Hospital for Children updated version!

SEASONAL RECIPES

FROM OUR KETO KITCHEN



And just like that Summer has gone and we welcome the cosy nights of Autumn with Halloween and Bonfire night to look forward to.

Mo, as always, has been busy in our KetoKitchen and developed some lovely recipes to help you through this season, all very tasty and easy to do. Don't forget to visit our recipe pages on our website [HERE](#)

and utilise the Search facility to find recipes with your favourite ingredients in them, for example, if you want recipes with sausages in them, then just type in 'sausages' and all the recipes containing sausages will pop up for you to look at. Have a great Autumn and we will see you again in December ready for Winter and THAT celebration which is fast approaching but we don't like to mention until nearer the time!

COURGETTE FRITTERS

INGREDIENTS

- 130g Courgette
- 12g Parmesan cheese
- 40g Eggs
- 15g Olive oil
- 8g Ground almonds
- 14g Mature cheddar cheese
- You will also need a little black pepper or dried herbs for seasoning.

METHOD

- Grate the courgette then place in a cloth or strong kitchen paper and squeeze as much water out as you can. The courgette needs to be as dry as possible. Small courgettes are better than large ones for this recipe.
- Grate the cheeses.
- Place the courgette in a bowl and add the grated cheese, ground almonds and some seasoning.
- Beat the egg then add to the courgette mixture, mix well then leave to one side for 5 minutes.
- When ready to cook, heat the oil in a frying pan then add the mixture in 3 equal spoonful's, flattening them to form fritters.
- Cook on a medium heat for approximately 3 minutes on each side until golden and cooked through.

MO'S TIPS

If you make the fritters an equal size, it will be easier to find the values for each one, making it possible to use them as snacks or a side dish to a main meal. They can be re-heated when required.



MKD 3.01G CHO
CHO: 3.01G
PROTEIN: 16.97G
FAT: 32.02G
KCAL: 368



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

PUMPKIN MUFFINS

INGREDIENTS

- 54g Eggs
- 60g Pumpkin
- 25g Ultra fine fiberflour - LONJEVITY FOODS
- 100g Ground almonds
- 50g Vegetable oil
- 20g Full fat soft cheese - PHILADELPHIA
- 30g Butter

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- Peel the pumpkin then weigh it, cut into cubes and boil in unsalted water until soft.
- Drain the pumpkin then mash with a fork to make a puree.
- Place the pumpkin puree into a bowl with the granular sweetener, oil, and egg, whisk together.
- Mix together the ground almonds, fiberflour, Barkat baking powder, ginger,

You will also need for the muffins: 40g of granular sweetener of your choice (I used TRUVIA), 1g of ginger or cinnamon, 4g of BARKAT baking powder and a pinch of salt. **For the topping:** vanilla extract, and 30g sugar free ICING (I used PURESWEET).

- cinnamon, and pinch of salt.
- Stir in the pumpkin mixture until well combined.
- Place into 6 muffin moulds and cook for 15 - 20 minutes until risen and springy.
- Make the topping by beating together the Philadelphia, butter, and vanilla, then gradually add the ICING sweetener, beating well to form a light fluffy topping.
- When the muffins are cold add the topping.

MO'S TIPS

To make a bonfire night theme, use cake toppings - the ones I use are from Amazon. The flame effect was created by dipping a cocktail stick into food colouring.



MKD 14.91G CHO TOTAL
2.48G CHO PER MUFFIN
CHO: 14.91G FAT: 140.03G
PROTEIN: 35.01G KCAL: 1460

EACH MUFFIN GIVES:
23.33G FAT / 5.83G PROTEIN / 2.48G CHO

PUMPKIN SOUP

INGREDIENTS

- 300g Pumpkin
- 33g Onions
- 40g Olive oil
- 50g Double cream
- 7g Ginger

• 10g Butter
 You will also need 400mls of stock made with 1 KNORR chicken stock cube and a little black pepper.

METHOD

- Peel and dice the pumpkin, then weigh it.
- Dice the onion and finely chop or grate the ginger.
- Fry the onion in the oil until soft, fry gently but do not brown it.
- Add the pumpkin with the ginger and butter.
- Fry for 2 minutes then add the stock and a little black pepper, simmer until the pumpkin is cooked.
- Puree using a stick blender then stir in the cream, do not let it boil once the cream is added.

MO'S TIPS

This makes 3 good portions. Weigh and divide equally. Good for all the family. Batches easily.

EACH PORTION GIVES:
24.70G FAT / 1.12G PROTEIN / 3.55G CHO



CLASSICAL 5.28:1 RATIO
3.55 G CHO PER PORTION
CHO: 10.67G FAT: 74.12G
PROTEIN: 3.37G KCAL: 732

FOR KETOGENIC RECIPE DEMONSTRATIONS AND TUTORIALS CLICK THE BELOW TO VISIT MATTHEW'S FRIENDS

#KetoKitchen YouTube channel



CHEF DEREK'S RECIPE OF THE MONTH

Sugar Free White Chocolate

This chocolate recipe works great for a tasty treat or to add to your other chocolate dishes!

Nutrition Information (entire recipe)

Carbs 8.77g

Calories 397

Fat 39.71g

Protein 0.98g

Ration 4.07:1

Ingredients:

35g cocoa butter
6g KetoCal 4:1 Powder (Vanilla)
9ml vanilla extract, sugar free
4g sugar free icing
10g icing sweetener
15g freeze-dried raspberry

Method:

1. In a microwave safe bowl, add the cocoa butter.
2. In 30 second blasts, melt the cocoa butter in a microwave.
3. Next, in a bowl, add the melted cocoa butter, sugar-free vanilla extract, icing sweetener, KetoCal Powder and sugar-free icing and mix together well.
4. In a chocolate bar mould/sweet tray, sprinkle in the freeze-dried raspberries before pouring in the mixture.
5. Chill in the fridge until set and enjoy!



Watch on YouTube

Visit our KetoConnect YouTube channel to watch me make this recipe step-by-step!



Ketoconnectnutricia



NutriciaKetoConnect



Nutricia KetoConnect

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.

NUTRICIA
LIFE-TRANSFORMING NUTRITION

This recipe was created on MYKETOPLANNER:
The dietary planning tool that provides flexibility and variety for the ketogenic community. MyKetoPLanner.co.uk

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8TH GLOBAL SYMPOSIUM ON KETOGENIC THERAPIES

17 - 21 SEPTEMBER 2023
LOEWS CORONADO BAY RESORT

SAVE THE DATE

8TH GLOBAL SYMPOSIUM ON KETOGENIC THERAPIES

About The Event

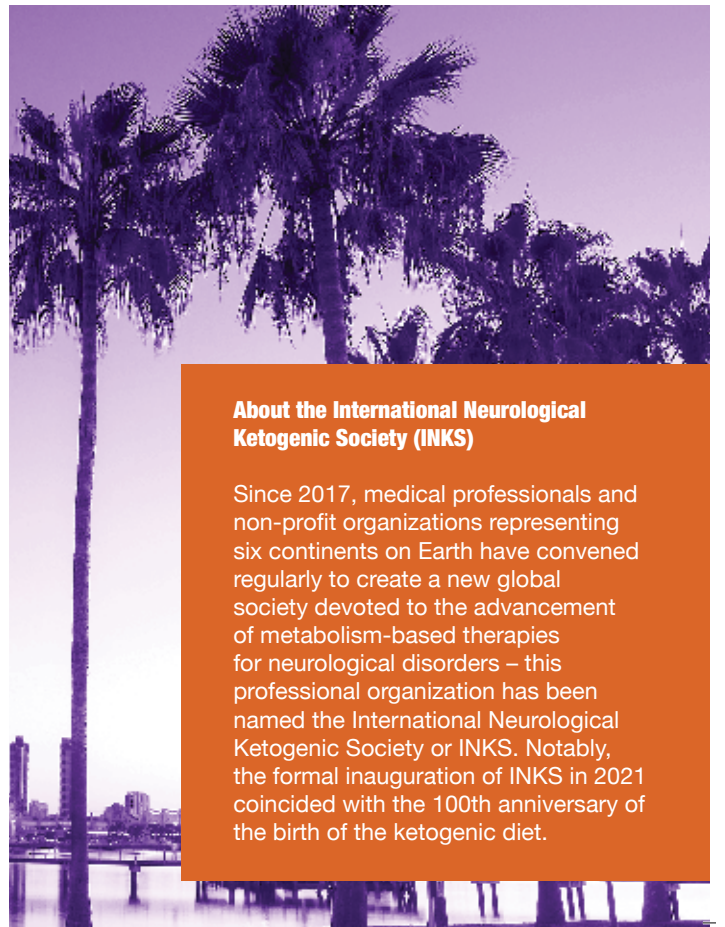
The September 2023 Symposium in San Diego, California will be the first organized by the INKS leadership, and will include many relevant and timely topics – including but not limited to:

- 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

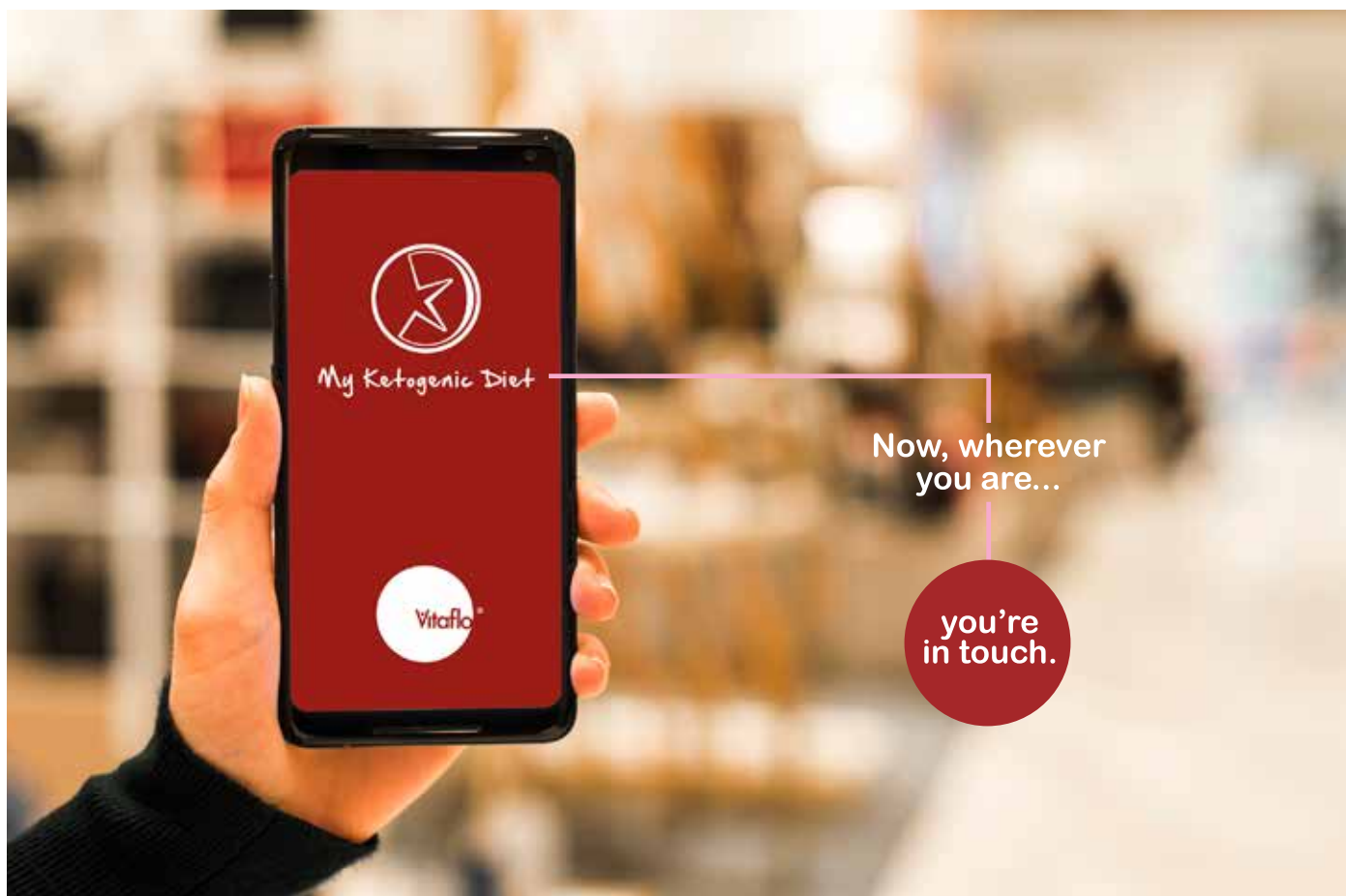


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The new My Ketogenic Diet App, from Vitaflo®.

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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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SAVE THE DATE

„Networks“ | 15 – 16th June 2023

Stadthalle am Schloss | Aschaffenburg, Germany

glut1-conference.com



Organized in support of Braintrust, Matthews Friends and the Lifestyle Health Foundation.



Run in partnership with:



Join us at this exciting event in Tonbridge, Kent!

Visit our Event page [HERE](#) for all the event details, our amazing contributors and directions to Tonbridge TeaFest at Tonbridge Castle!

Our friend, Neil Bindemann's personal experience of living with a brain tumour inspired him to create and lead this exciting event.

Please visit Neil's crowdfunding page to read more and donate to Neil's 3 amazing charities.

[VISIT NEIL'S JUSTGIVING PAGE](#)



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 **f Matthew's Friends and Twitter @matthewsfriends** for up to date news on all our events. Please support us and request an MF fundraising pack today from enq@matthewsfriends.org

WE'D LIKE TO THANK THESE FABULOUS FUNDRAISERS!

GO MICHELLE! OUR LONDON MARATHON RUNNER

We have one runner taking part in the London Marathon on 2nd October to raise funds for Matthew's Friends.

Michelle Annetts, a keen runner and a dietitian with a child living with epilepsy, has very generously taken on this challenge to raise funds for Matthew's Friends.



Please visit her JustGiving page to support Michelle and read more of her story.

[VISIT MICHELLE'S JUSTGIVING PAGE](#)

THANK YOU TO ALL OUR RUNNERS

WE REALLY ARE SO GRATEFUL FOR YOUR
SUPPORT – IT MEANS THE WORLD TO US!!



Matthew's Friends are lucky enough to have two people taking part in the Royal Parks Half Marathon on 9th October.

KATE WILLIAMS AND ABI BROOKER



[VISIT KATE'S
JUSTGIVING PAGE](#)

[VISIT ABI'S
JUSTGIVING PAGE](#)

LET'S PLAY DARTS!!

We are grateful for the ongoing support of Matthew's hometown Oxted & District Charity Dart League, for their generous donation of £465 from their 2021-2022 season.

THANK YOU!!



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.