

# KETOGENIC THERAPIES

ONLINE | WINTER NEWSLETTER 2022 | TWENTIETH EDITION

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

**MATTHEWSFRIENDS.ORG**

## MATTHEW'S FRIENDS ARE FOUNDING PATRONS OF THE



**INTERNATIONAL  
NEUROLOGICAL  
KETOGENIC SOCIETY**  
[www.neuroketo.org](http://www.neuroketo.org)

**We are delighted to announce that Matthew's Friends are Founding Patrons of the newly-formed INKS!**

This professional society is initially taking over responsibility for the Global Symposia that we and The Charlie Foundation have hosted over the past 16 years. Professionals from across the globe can become members and as the society grows, so will the member benefits.



**Dietitians excited about INKS!**  
American Epilepsy Society meeting – Nashville, December 2022

This latest step in the history of the Ketogenic diet ensures future longevity together with increased research and resources for dietary therapies that have proven life saving for so many.

*Read full article on page 11 >>>*

**VISIT THE INKS WEBSITE HERE** ➞

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**AND MUCH MORE**

**HELP LIGHT  
THE WAY THIS  
PURPLE  
DAY!**

**PLEASE SUPPORT MATTHEW'S FRIENDS  
PURPLE DAY - 26TH MARCH**



GLOBAL ADVOCATES OF KETOGENIC DIETARY THERAPIES FOR EPILEPSY SINCE 2004

**SET UP A FACEBOOK  
FUNDRAISER  
FOR MATTHEW'S FRIENDS**

**AND HELP SUPPORT  
CHILDREN & ADULTS  
WITH COMPLEX EPILEPSY**





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

## CONTACT US...

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🌐 [www.ketocollege.co.uk](http://www.ketocollege.co.uk)



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](http://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](mailto:enq@matthewsfriends.org) for an information pack.  
[www.matthewsfriends.org](http://www.matthewsfriends.org)

# WINTER ILLNESS ON KETOGENIC DIETARY TREATMENT (KDT)



WRITTEN BY  
**VAL ALDRIDGE**  
TRUSTEE, MATTHEW'S FRIENDS

Despite promising research emerging about the protective properties of KDT ([view here](#)). Sadly, it does not stop everyone from developing the usual, coughs, colds & tummy upsets common at this time of year!

## GUT FRIENDLY FIBRES

Our gut bacteria play a crucial part in our immune systems, and they thrive on the fibre in our foods. So, a good variety of fibre sources can help to keep them more healthy, happy and balanced.

**Here are a few keto-friendly fibre sources for you to consider:**

- Nuts (eg. almonds, walnuts, macadamia) & seeds (eg flax seeds, sesame seeds)
- Psyllium husk (a handy ingredient for keto breads) & Konjac root (eg noodles)
- Vegetables such as kale, spinach, broccoli, cauliflower, leeks, salad leaves, tomatoes, celery, peppers etc.
- Fruits such as avocado, rhubarb, raspberries, blackberries, strawberries etc.



## SUPPLEMENTS

Make sure you are keeping up with your vitamin & mineral supplements.

They can start to feel like a chore, particularly if it's a battle to take them or they are not tolerated!

Supplements specific to KDT are available on prescription.

If you find that supplements are causing gastric upset like nausea, maybe look at when you are taking them.

Supplements should always be given after food.

The time of day may be important for you too. Some cannot tolerate supplements early in the day but manage later, after dinner. Some people split dosages giving half after breakfast and half after dinner.

If the prescribed supplements are not tolerated at all, let your team know. You may need to buy alternative products over the counter from a pharmacy or the internet. Speak to your dietitian who will be able to advise you on the best combination of products for your individual needs.



## FLUIDS

Keeping hydrated in Winter is often forgotten when we don't feel so thirsty in the colder weather. It is important to keep hydrated. Constipation & kidney stones, both possible risk factors on KDT are less likely to occur with a decent fluid intake! ([click here for MF info sheets](#)).

Try adding lemon slices to water or flavour with sugar free squash. Warm drinks, tea with low CHO milk, coffee with cream, hot chocolate with cream, flavoured teas.



## ACTIVITY

Changes in activity can affect ketone levels. So, despite the cold try to maintain levels of activity. It may have to be restricted to indoors, but any movement will help from yoga & dancing to morphing the dinner table into a table tennis court or having a go at twister. (Preferably before all those greens!).

Christmas is an exciting time but can mean an increase in seizure triggers for some! Less sleep increases in stress and anxiety. Don't forget to take time out to chill and relax wherever you can.



## GENERAL GUIDANCE DURING ILLNESS

Illness can for some go hand in hand with an increase in seizure activity especially when temperatures are high or there is difficulty maintaining KDT and medication regimes.

Limited food intake or fluids only for a couple of days, in terms of KDT (as essentially, KDT is mimicking starvation) is not so bad.

In general ketone levels tend to drop during illness and glucose levels may be slightly higher than usual.

However sometimes excessive ketones may be experienced, and glucose may drop if you are not managing to eat full prescription. Even those who have been following KDT for a time and are well adapted should be alert for signs of excess ketones and hypoglycaemia (low glucose).

If ketones are higher than 5 -6 mmols/l, you may experience symptoms associated with excessive ketones such as lethargy, fatigue, irritability, facial flushing, vomiting and panting.

Adults do not tend to produce high levels of ketones as easily as children.

A normal blood glucose stays within the 3.5-6.5mmol/l. On KDT glucose generally becomes very stable often at the lower end of the normal range.

If the blood glucose drops to 3mmol/l or lower, you may observe symptoms associated with low glucose/hypoglycaemia such as lethargy, fatigue, irritability, dizziness, sweating, pallor, confusion, cold and clammy skin. You will be given a plan by your team to treat high ketones or low glucose with carbohydrate (CHO), usually with 5g CHO choices like 100ml semi skimmed milk or 50ml orange/applejuice or maxijul/polycal 5g mixed in 50mls water.

The effect is usually quite quick in settling symptoms, though if not settling within half hour the process may be repeated.

## MEDICATIONS

All medications need to be as far as possible CHO free. Often sugar free medication contains sugar alcohols like sorbitol or maltitol, small amounts that most tolerate. If CHO free options are not available, the CHO content will need to be included in your dietary prescription which will then need adjusting by your dietitian to allow for the extra.

Check the MF medications list for CHO contents  
Carbohydrate Content of Medications - Matthews Friends ([view here](#)) or check with your pharmacist.

Drug	Brand name	Manufacturer	Form	Strength	Excipients	Carbohydrate content
Amoxicillin	N/A	Kent pharmaceuticals	Oral suspension sugar free	125mg/5ml 250mg/5ml	Sorbitol 800mg/5ml Sorbitol 800mg/5ml	800mg/5ml Contains trace carbohydrate
Amoxicillin	N/A	Brown & Bull UK Ltd	Sugar free suspension	125mg/5ml 250mg/5ml	Sorbitol 295mg/5ml Sorbitol 590mg/5ml	295mg/5ml 590mg/5ml
Azithromycin	N/A	Brown & Bull UK Ltd	Powder for oral suspension	200mg/5ml	3.7g sucrose/5ml	3.7g/5ml
Azithromycin	N/A	Accord UK Ltd	Film coated Tablets	250mg	60mg lactose Microcrystalline cellulose	60mg / tablet
Clarithromycin	Klaricid	Hydan	Pediatric Suspension	125mg/5ml 250mg/5ml	Sucrose 550mg/5ml Maltodextrin Hydroxypropyl methylcellulose phthalate	Undisclosed Undisclosed
Clarithromycin	N/A	Accord Healthcare Ltd	Tablet	250mg	Microcrystalline cellulose	N/A
Co-amoxiclav	Augmentin Duo	GSK UK	Powder for oral suspension	400/57mg in 5ml	43.32mg/5ml Carmellose sodium 26.0mg/5ml Maltodextrin base	Est carb. content up to 64.32mg/5ml i.e. 12.8% of flvours are carbohydrate
Co-amoxiclav	Augmentin	GSK UK	Suspension	125/67.5mg in 5ml 250/135mg in 5ml	Maltodextrin/gum arabic base 72.5mg Maltitol (plant derived starch) 550mg	222.5mg/5ml 312mg/5ml
Flucloxacillin	N/A	Accord UK Ltd	Sugar free powder for oral solution	125mg/5ml	Sorbitol 698mg/5ml	698mg/5ml
Flucloxacillin	N/A	Accord UK Ltd	Sugar free powder for oral solution	250mg/5ml	Sorbitol 1000mg/5ml	1000mg/5ml
Fluconazole	Diffucan	Pfizer Ltd	Powder for oral suspension	100mg/ml 400mg/ml	Sucrose 580mg/ml Sucrose 550mg/ml	580mg/ml 550mg/ml
Fluconazole	N/A	Aurobindo Pharma/Mpharm	Capsules	50mg	50.56mg Lactose	50.56mg/capsule

## COUGHS, COLDS & FLU

With any illness for some PWE the risk of seizures increases, especially when temperatures are high!

A high temperature could cause vomiting, in which case try to give paracetamol ASAP.

It is important to give age-appropriate paracetamol regularly & if required nurofen in between to keep temperatures down.

As with all the medications, tablet form is the most keto friendly. Paracetamol is available in dispersible/ effervescent (over 10 -12 years) and suppository forms but they tend to be very expensive. Sugar free syrups like calpol or nurofen liquid for children are suitable for most children though they do contain maltitol. (A sugar alcohol).

Cough mixtures tend to be full of sugar so are not an option! Try sugar free ice pops, Keto icecream, sugar free jelly. Easy to eat, soothing for sore throats and keto friendly!



## DIARRHOEA & VOMITING

Miserable, bad enough when you are worrying about medications not being absorbed, add the fact that on KDT, food has become your medicine & you will have the emergency meds out waiting for the inevitable seizures. Most bugs do settle within a couple of days. Initially it is best to avoid food and stop feeds.

To avoid dehydration, try to keep up sips of water or swap feed for water.

Once vomiting stops and water is tolerated, a gradual build up to eating can start. Not always easy on KDT as at this point you generally don't fancy eating high fat foods & appetites may need a boost!

So, you could try 'all in one' options like keto shakes or soup. You may need to start with quarter or half the normal meal portion, adding more water if this improves acceptance. This means that the balance of protein CHO and fat remains the same as the prescription but you just get less of it.

Similarly with feeds start with water & gradually build up, for example. ¼ strength or ½ strength feed mixed with water, until full strength is tolerated again.

If symptoms continue beyond 24 hours it is advisable to give dioralyte or similar rehydration powder to balance electrolytes. Always keep in touch with your team.

If diarrhoea persists you may find that including a probiotic such as saccharomyces boulardii (available in pharmacies) may be helpful to rebalance your gut.

However please be guided by your team and if symptoms persist, please seek a medical opinion.



**Wishing you all a healthy and happy winter season!**

## LOSS OF APPETITE

All-in-one meals shakes, soups, muffins. Batching up things like soup & muffins when you are feeling well or have more time will hopefully make life easier!

Easy to eat egg custards made with fruit & cream (also all in one). Puddings may go down better whilst unwell too like Greek yogurt with fruit & cream. You could freeze this to make ice cream.

Making meals as small as possible by using higher CHO veg like potato ie with scrambled eggs made with butter & cream. The new low CHO breads toasted with plenty of butter/peanut butter, marmite may be an easy option too.

My go to with Greg was sausages because he loved them, it made for a small meal, contained a good amount of fat, and got him eating again.



# SAVE THE DATE



**KETO**  
EDUCATION  
**DAY**

**THURSDAY 25<sup>TH</sup> MAY 2023**

CROWNE PLAZA FELBRIDGE HOTEL • EAST GRINSTEAD • WEST SUSSEX

## Topics & Speakers:

- Introduction to the diets for children and adults  
Prof. Helen Cross
- Preparing the family and Patient for KDT  
Jen Carroll RD
- Overview of KDT's available and Supplementation  
Tracy Cameron RD
- Side Effects, monitoring and weaning the diet  
Dr Anita Devlin
- Matthew's Friends Support now and in the future  
Emma Williams
- Currently prescribed a medical Ketogenic Dietary Therapy (KDT), or considering this treatment option?

EXPERT  
SPEAKERS

MEET OTHER  
FAMILIES

KETO FOOD  
INSPIRATION

FURTHER INFORMATION WILL BE COMING SOON ON HOW TO REGISTER  
FOR THIS MEETING ON OUR CHARITY WEBSITE [WWW.MATTHEWSFRIENDS.ORG](http://WWW.MATTHEWSFRIENDS.ORG)

# SAVE THE DATE



**23<sup>RD</sup> & 24<sup>TH</sup> MAY 2023**

CROWNE PLAZA FELBRIDGE HOTEL  
EAST GRINSTEAD • WEST SUSSEX



**COMING  
SOON**

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

PLEASE VISIT [WWW.KETOCOLLEGE.CO.UK](http://WWW.KETOCOLLEGE.CO.UK) FOR FURTHER INFORMATION.



**23<sup>RD</sup> & 24<sup>TH</sup> 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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CENTRAL LONDON**



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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**

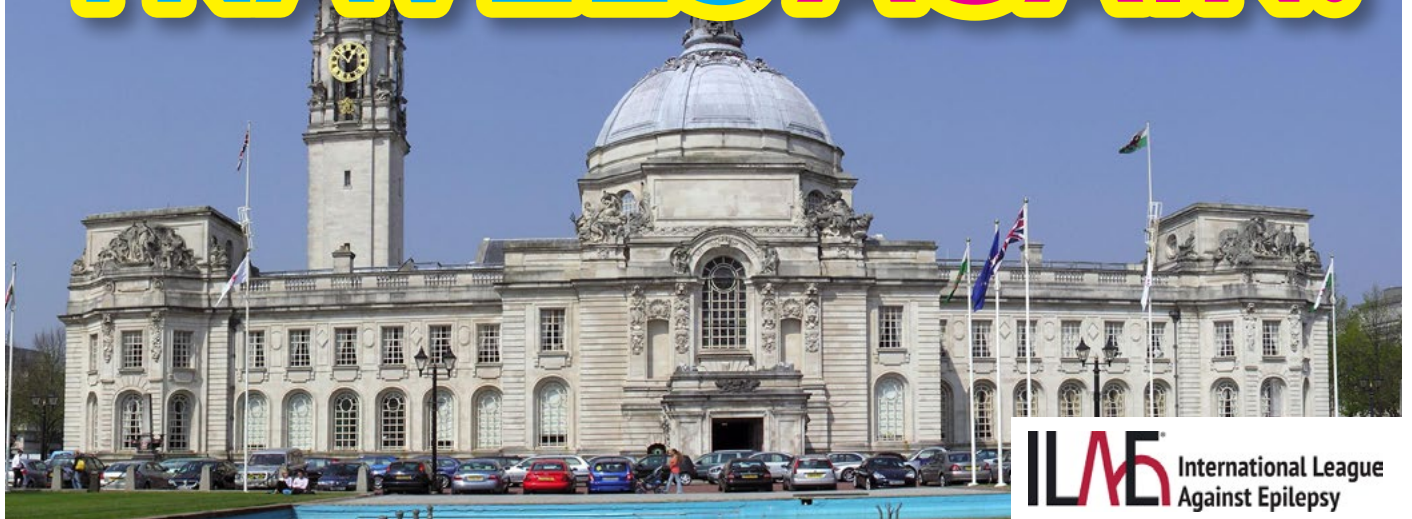
**7g  
fibre**

**160  
kcal**

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

**email [info@ketocarefoods.com](mailto:info@ketocarefoods.com) for a sample**

# MATTHEW'S FRIENDS ARE ON THEIR TRAVELS AGAIN!



**Matthew's Friends were delighted to join the ILAE meeting this year IN PERSON in Cardiff, Wales at the beautiful Cardiff City Hall, to promote Ketogenic Dietary Therapies together with our new KetoCollege ADVANCE meeting and E-learning platforms.**

After the past few years of meetings being online only, it felt marvellous to be back in front of people and able to chat about new developments and meet with the professionals who are wanting to provide more Ketogenic Services to their patients.

We were really encouraged with so many adult neurologists talking to us about setting up their own Ketogenic services. We really hope that the future is going to be a lot brighter for those adults who are wanting to try a Ketogenic diet to manage their drug resistant epilepsy and we are happy to support the NHS centres to do this and support their patients.

It was also a wonderful chance to catch up with some of our friends from other Epilepsy charities and discuss 'joining forces' on future projects to support one another and not reinvent the wheel, working together is always the best way forward. We look forward to announcing some of those projects in the future.



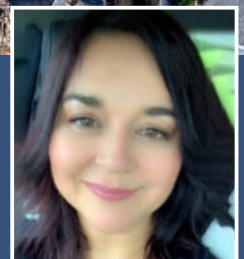
**In September we happily travelled to Glasgow, for the ESNA – Epilepsy Nurses Association - 30th Anniversary Conference – Transformation in Epilepsy, held at the excellent William Quarrier Conference Centre.**

Lisa O'Brien, Epilepsy Nurse Consultant at Young Epilepsy & Matthew's Friends Medical Board, kindly joined our Ketogenic Dietary Therapies information table. It was a great opportunity to network with the fabulous nurses from around the UK in

attendance, sharing keto information and inspiration!

ESNA is the professional organisation for all nurses supporting people with epilepsy.

Learn more about them [here](#) ESNA website.



**Lisa O'Brien ESN**

Epilepsy Nurse Consultant and Registered Nurse Manager at Young Epilepsy.

# Why KetoVie?

- ✓ 4:1 ketogenic formula
- ✓ Whey protein
- ✓ 12g MCT per serving
- ✓ Ready-to-drink



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**Cambrooke.UK**

ukinfo@cambrooke.com 0161 962 7377



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 Recipe Book  
 With Every  
 Sample Request**

**KetoVie**  
 Eat Well. Live Well.  
 AJI CAMBROOKE  
 KAJIMOTO

# 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](mailto: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 ARE FOUNDING PATRONS OF THE INTERNATIONAL NEUROLOGICAL KETOGENIC SOCIETY (INKS).

**We are delighted to announce that we are one of the founding patrons of the newly formed Ketogenic society called INKS.**



**INTERNATIONAL  
NEUROLOGICAL  
KETOGENIC SOCIETY**  
[www.neuroketo.org](http://www.neuroketo.org)

This professional society is initially taking over responsibility for the Global Symposia that we and The Charlie Foundation have hosted over the past 16 years. Professionals from across the globe can become members and as the society grows, so will the member benefits.

This latest step in the history of the Ketogenic diet ensures future longevity together with increased research and resources for dietary therapies that have proven life saving for so many. Sadly, we know that

many more patients are yet to come and although in an ideal world, all those that need the diet should be able to get it, we know that is not the case, by working together across the globe we hope to change this.

Members of the Matthew's Friends team serve on all the committees within the society, so it is a huge commitment for us, but one that we are extremely proud to be part of. If you are a health professional and wish to join INKS, then just click on the QR code or visit the website [www.neuroketo.org](http://www.neuroketo.org).



## JOIN INKS TODAY

Visit the International Neurological Ketogenic Society (INKS) website [www.neuroketo.org](http://www.neuroketo.org) for more information on this exciting

new society, including exclusive registration discounts for INKS members for the 2023 8th Global Symposium, San Diego.

**Scan the QR code to directly access the Membership application form.**



SCAN ME TO JOIN

# 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 a dietitian and would like to order these booklets for your patients then please contact us on [enq@matthewsfriends.org](mailto:enq@matthewsfriends.org) requesting the number of copies you wish to receive.



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



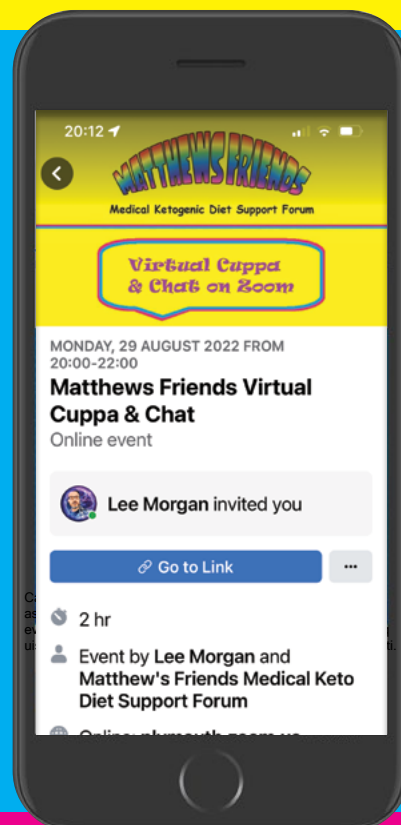
Virtual Cuppa  
& Chat on Zoom

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!



# SEASONAL RECIPES

## FROM OUR KETOKITCHEN



**Merry Christmas/Happy Hanukkah/Seasons Greetings/Happy Holidays! Cold, dark nights are with us but the twinkling lights that we see all around seem to lift the spirit and make things feel just a little more magical.**

So whatever your celebrations may be, we hope that everyone has a wonderful time with family and friends. As usual, Mo has worked her magic in the KetoKitchen with some tasty recipes for you to enjoy, that are easy to follow and delicious.

You can find many more ideas and recipes on our YouTube channel [here](#) and in the recipe section on our website [here](#) use the search function on these pages to find suitable recipes for your celebrations or for the ingredient you want to use.



**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**

## CHRISTMAS DINNER - 2 COURSES

### INGREDIENTS

- 20g Brussel sprouts - boiled
- 4g Butter
- 18g Sunflower oil
- 25g Turkey - roasted
- 18g Carrots - boiled in unsalted water
- 30g Sausages - BLACK FARMERS DAUGHTER CHIPOLATAS
- 15g Bacon - streaky
- 50g Celeriac - boiled
- 40g Mascarpone - MORRISONS
- 25g Double cream
- 2g Cocoa powder - DR OETKER
- You will also need ½ KNORR chicken stock cube and ½ teaspoon of liquid sweetener.

### METHOD

#### First make the chocolate mousse:

- With 1 teaspoon of HOT water, make a paste with the cocoa powder and sweetener.
- When it is cool, add to the mascarpone and cream, whisk until light and fluffy.

#### For the main course:

- Cut the celeriac into cubes, divide the sausage into two and wrap in the streaky bacon.
- Heat the oil in a small ovenproof dish, then add the celeriac cubes and pigs in blankets, coating well with the oil. Add to the oven when cooking the family roast potatoes, they will take approximately 15 minutes.
- Put in a serving dish, cover and place in the fridge until needed. This can be made a few hours ahead - serve the mousse for dessert. I added a little food glitter when serving just to make it festive.
- Make a gravy with the stock cube and 80mls of water, add to the pan that the celeriac was cooked in to get any residue oil and boil for 1 minute. Add the butter and boil for a further 1 minute, the butter helps to thicken and flavour the gravy.
- Serve the turkey with the pigs in blankets, celeriac, brussels (I used 2 medium sprouts cut in half), carrots and gravy.



**MKD 5.55G CHO TOTAL**

**CHO: 5.55G**

**FAT: 62.13G**

**PROTEIN: 18.27G**

**KCAL: 654**

### MO'S TIPS

If you can't find Black Farmers sausages, any other low carb sausages will be OK, the gluten free ones are all pretty good. If brussels are not being served, replace with 25g cooked broccoli.

## CHRISTMAS TREATS

### INGREDIENTS

- 30g Butter
- 15g Ultra fine fiberflour - LONJEVITY FOODS
- 30g Ground almonds
- You will also need some sweetener of your choice. A powder is best for biscuits,

I used 18g of PURESWEET icing, but SUKRIN icing is also very good, a pinch of mixed spice or cinnamon, or if preferred a few drops of almond extract and some food colouring / glitter.

### METHOD

- Pre heat oven to 170c / fan 150c / gas 3 or 4.
- Mix together the ground almonds, ultra fine fiberflour and icing sweetener.
- Soften the butter and mix in the dry ingredients with the flavouring you have chosen.
- Shape the dough to your own design.
- Cook for approximately 10 minutes depending on the size. 5. When cold you can decorate using food colouring of your choice, which can be used alone or added to some glaze icing.

### MO'S TIPS

Cookie moulds are available, I used a cookie shaper to make mine, it was easy to use and it made 12 biscuits. I tried decorating with red and green which does have a nice effect but found that a quick spray with a silver and gold food glitter spray was equally pretty.



**MKD 4.63G CHO TOTAL**

**0.38G CHO PER TREAT**

**CHO: 4.63G**

**FAT: 41.70G**

**PROTEIN: 9.66G**

**KCAL: 432**

**THE VALUE OF EACH ONE IS:**

**CHO: 0.38G**

**FAT: 3.47G**

**PROTEIN: 0.80G**

**MAKING THEM VERY USEFUL FOR SPECIAL TREATS OR SNACKS.**

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

**#KetoKitchen YouTube channel**



## KETO HALVA

### INGREDIENTS

- 168g Tahini light - MERIDIAN BRAND
- 130g Granular or powdered sweetener of your choice - I used TRUVIA.
- You will also need 45mls of water, ½ teaspoon of rosewater or a pinch of cinnamon.

### METHOD

- Line a small container with parchment paper - mine was 17cm x 12cm.
- Place the tahini in a microwave bowl with the rosewater or cinnamon.
- Microwave for a few seconds at a time, stir in between until it has just melted - do not let it get too hot.
- Place the sweetener and water in a small saucepan and heat gently until the sweetener has dissolved, then bring it to a simmer.
- Simmer for 5 minutes stirring after each minute, this will go syrupy.
- Pour the syrup slowly into the tahini and mix thoroughly. Keep mixing until it starts to go really thick then quickly pour into the lined container, smooth it by pressing down gently.
- Leave to set in the fridge for up to one hour. 8 Cut into squares.

### MO'S TIPS

Each piece is almost carb free. This is not quite the commercial halva but the flavour of sesame is good. Store in a cool place, not in the fridge or it will become too hard. Divide the values by the number of squares to get the value of each piece. I got 20 pieces giving: 5.04g fat / 1.60g protein / 0.07g CHO



**CLASSICAL 3.02:1 RATIO**  
**0.07 G CHO PER PORTION**  
**CHO: 1.51G      FAT: 100.08G**  
**PROTEIN: 31.92G      KCAL: 1,041**



## PEANUT BUTTER AND JELLY TOPPED CHEESECAKE

### INGREDIENTS

- 27g Full fat soft cheese - PHILADELPHIA
- 27g Mascarpone - MORRISONS
- 25g Crunchy peanut butter - WHOLE EARTH
- 30g Double cream
- 10g Butter
- 27g Keto butter biscuits - **Matthew's Friends Recipe\*\***
- You will also need 3g of sugar free jelly crystals, 120mls of boiling water and 6g of ICING sweetener - I used SUKRLIN, but other brands are available.

### METHOD

- Crush the biscuits, melt the butter and mix together.
- Line a mini loaf tin with cling film, place the biscuit mix in and press down firmly.
- Chill in the fridge.
- Mix together the mascarpone, Philadelphia, peanut butter and icing sweetener.
- Whisk the cream until thick, then stir into the cheese mixture.
- Spread on top of the biscuit base and chill in the fridge.
- Dissolve the jelly crystals in the boiling water, leave to go cold BUT not set.
- When the jelly is cold, pour on top of the cheese mixture.

### MO'S TIPS

This recipe makes two portions, which can be left in the fridge until needed, it can be made up to 24 hours ahead. Use a mould of your choice, but I would advise lining it with cling film or parchment to make it easy to lift out for serving. \*\*You will need to make some butter biscuits, the recipe can be found on the MF keto kitchen site [here](#).



**CLASSICAL 3.53:1 RATIO**  
**2.67 G CHO PER PORTION**  
**CHO: 5.35G      FAT: 60.24G**  
**PROTEIN: 11.72G      KCAL: 610**



They are well worth making for treats / snacks. Batches easily. I adapted this recipe from the Christmas edition of Good Food Magazine. Each portion gives: 30.12g fat / 5.86g protein / 2.67g CHO

CHEF DEREK'S FESTIVE RECIPE

# Chocolate Christmas Pudding

This chocolate pudding recipe works great as a tasty Christmas dessert!

## Nutrition Information (entire recipe)

Carbs 9.59g

Calories 496

Fat 44.07g

Protein 11.43g

Ration 2.1:1

### Ingredients:

20g Ground Almonds  
10g Eggs  
12g Suet, shredded  
10g KetoCal 3:1 Powder  
11g Cocoa Powder  
2ml Orange extract  
20g Chocolate dark  
2g Baking powder  
15g Water

### Method:

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



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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](https://MyKetoPLanner.co.uk)

Check  
meals  
on the go

Search  
and  
edit recipes

Create  
Daily meal  
plans



# 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

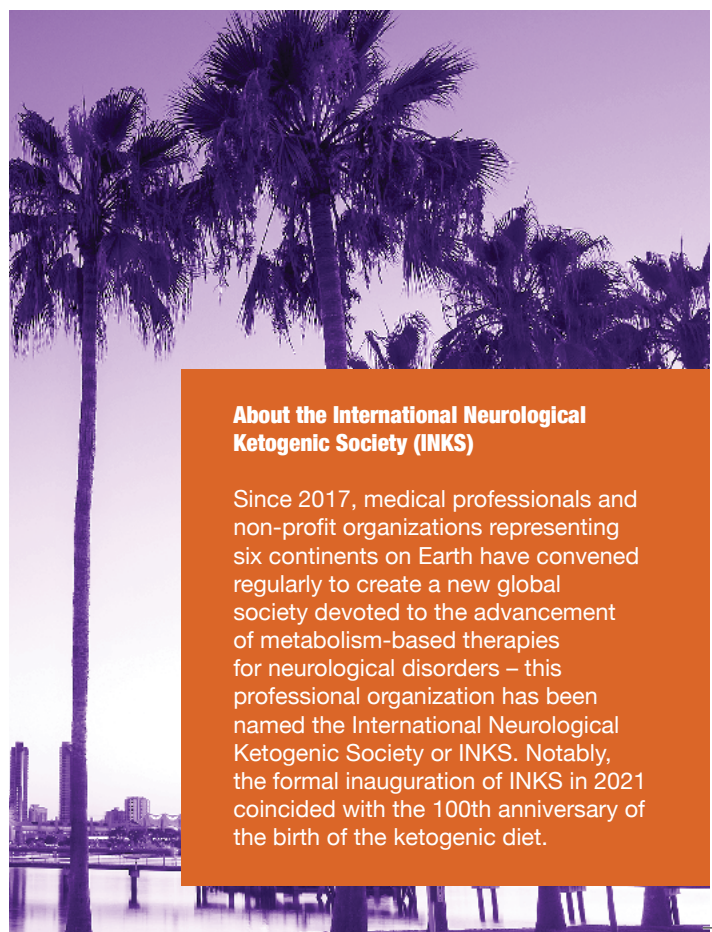
The September 2023 Symposium in San Diego, California will be the first organized by the INKS leadership, and will include many relevant and timely topics – including but not limited to:

- 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](http://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.

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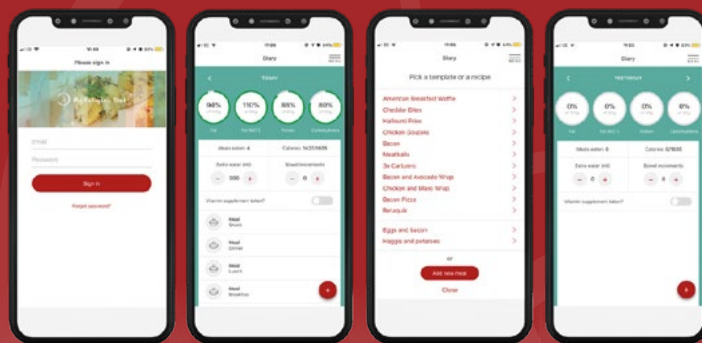
The new My Ketogenic Diet App, from Vitaflo®.

*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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# NOMINATE SOMEONE SPECIAL FOR A MATTHEW'S FRIENDS KETOSTAR AWARD

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!



## 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](mailto:enq@matthewsfriends.org)

# TESCO

## THANK YOU TO TESCO COMMUNITY GRANTS.

Matthew's Friends would like to thank Tesco customers for voting for us to be a beneficiary of their Community Grant Scheme. We have been awarded £2,000 and this money will be used towards the ongoing supply of family starter packs which benefits patients across the UK.

## Oxted Pram Race



Organised by the Oxted Rotary Pram Race Charitable Trust.

Matthew's Friends have been lucky enough to have been awarded £600 by the Oxted Pram Race Committee.

The pram race in Oxted has been run since 1977 and is a great fun event that raises funds for local charities, we are very grateful to have been nominated by the Committee for a share of the proceeds which will be put to very good use!

Many thanks to all involved.

[View website](#)

If you would like to get involved and help us in any way, please contact the Matthew's Friends office on **01342 836571**, or email [enq@matthewsfriends.org](mailto:enq@matthewsfriends.org). Every penny helps us to make the difference to the many families and Ketogenic centres we support. Please help us to continue our work and extend our services through 2022 and beyond, thank you.

# 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](mailto:enq@matthewsfriends.org)

## WE'D LIKE TO THANK THESE FABULOUS FUNDRAISERS!



Teresa, Matthew's Friends' office manager, met Abi Brooker on a hen weekend, they got chatting and Abi kindly volunteered to take part in the Royal Parks Half Marathon for Matthew's Friends on October 9th and that was that!

Abi finished the 13.1 mile run in 2 hrs 16 mins and 38 seconds - a very impressive time.



**Thank you so much for your support, Abi we are truly grateful! Please visit Abi's JustGiving page if you'd like to donate.**

[VISIT ABI'S JUSTGIVING PAGE](#)

## CO-OP LOCAL COMMUNITY FUND



Co-Op works to fund local causes in the community and this year Matthew's Friends were fortunate enough to have been chosen as a beneficiary of our Local Co-Op Community Fund.

We are delighted and incredibly grateful to be able to tell you all that a total of £1,418.13 has been raised for Matthew's Friends thanks to Co-Op members!

Heartfelt thanks to Co-Op and to the customers who chose us as their cause to support.

## LONDON MARATHON WELL DONE MICHELLE!

**Thank you so much to the fabulous Michelle Annetts who took part in the TSC London Marathon on 2nd October to raise funds for Matthew's Friends.**



Michelle is a registered dietitian specialising in neurology and has a son who suffers with epilepsy which is fortunately controlled by medication.

Luckily for us Michelle stepped into the breach when our original runner had to pull out due to injury. Michelle decided to support us because, in her own words.....

'Although my son's epilepsy is controlled by medications, Matthews Friends is a charity I know I can turn to for specialised advice, should my son become drug resistant, I would be very keen on trying this diet for him.'

Michelle finished the run in 4 hrs 55 mins & 22 seconds - what an achievement!

Not only did Michelle run her socks off but she also met and had her number signed by Paula Radcliffe as well as 'running' into the Kenyan long-distance runner Eliud Kipchoge! What a day!

We are so grateful to Michelle and others like her who so generously give their time and make such an enormous effort to support Matthew's Friend - it really does mean the world to us!

### THANK YOU!

**Michelle's JustGiving page is still open if you would like to read more of her story or donate.**

[VISIT MICHELLE'S JUSTGIVING PAGE](#)

If you would like to get involved and help us in any way, please contact the Matthew's Friends office on **01342 836571**, or email [enq@matthewsfriends.org](mailto:enq@matthewsfriends.org). Every penny helps us to make the difference to the many families and Ketogenic centres we support. Please help us to continue our work and extend our services through 2022 and beyond, thank you.