

KETOGENIC THERAPIES

ONLINE | SPRING NEWSLETTER 2023 | EDITION NO. 20

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



**KETO
EDUCATION
DAY**

THURSDAY 25TH MAY 2023

CROWNE PLAZA FELBRIDGE HOTEL • EAST GRINSTEAD • WEST SUSSEX

After such a long time away thanks to the pandemic, we are delighted to be back hosting our face-to-face Matthew's Friends Education Days and we are really looking forward to seeing you all.

This meeting is being led by Professor Helen Cross OBE, Prince of Wales's Chair of Childhood Epilepsy and Director of UCL-Great Ormond Street Institute of Child Health, together with a team of highly experienced professionals. Topics covered during the day will take you through the Ketogenic journey right from preparation, initiation, daily management, though to weaning from diet. The programme has something for everyone be it an experienced keto family, or someone who is considering starting a ketogenic dietary therapy.

The programme also allows plenty of time for you to network with others and interact with the professionals, as well as giving

you the opportunity to taste a multitude of delicious ketogenic foods. Exhibition stands will provide information and demonstrations during breaks and there will be an unending supply of coffee and tea to see you through the day while you chat with everyone.

These meetings always prove popular, and places are limited so we encourage you to book early.

Matthew's Friends and their sponsors are subsidising this event and we would like to thank all our fundraisers for making this possible. A nominal fee has been requested at registration to confirm your booking.

Registration is £15 per person, including lunch and refreshments.

**CLICK HERE FOR MORE INFO
AND TO BOOK YOUR PLACE ➔**

SPECIAL FEATURES INSIDE:

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AND MUCH MORE!

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

**PLEASE SUPPORT MATTHEW'S FRIENDS
PURPLE DAY - 26TH MARCH**
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GLOBAL ADVOCATES OF KETOGENIC DIETARY THERAPIES FOR EPILEPSY SINCE 2004

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FOR MATTHEW'S FRIENDS**

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





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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

BRITISH PAEDIATRIC NEUROLOGICAL ASSOCIATION (BPNA) ANNUAL CONFERENCE

Julie and Val attended the BPNA annual conference recently. A three day event in Edinburgh held at the Royal College of Physicians. The MF stand was situated in the 'Great Hall', an amazing room where eyes from portraits and busts of past eminent professors watched over all the charity stands.

We were well placed to catch up with the other charities, including the newly formed Rare Epilepsies Together – a working group of connected charities that we are proud to be members of GLUT1 Deficiency UK, Dravet UK, CDKL5 UK, Battens Disease Family Association, The Leukodystrophy charity, Young Epilepsy along with our friends The Lily Foundation too.

Many old friends and some new like Colleen Wilson who was representing a local charity, Epilepsy Connections, based in Scotland. These links are important to all of us, small charities for rare neurological disorders, that often face similar difficulties. As a group we can help our professionals with research projects.

Parent/patient views are being sought regarding future research projects, hopefully a positive step for the future. We are grateful to the BPNA for facilitating opportunities like this for our charities. Together we can share information such as our upcoming Keto Education Day 25th May.



Val at the MF stand in the Great Hall



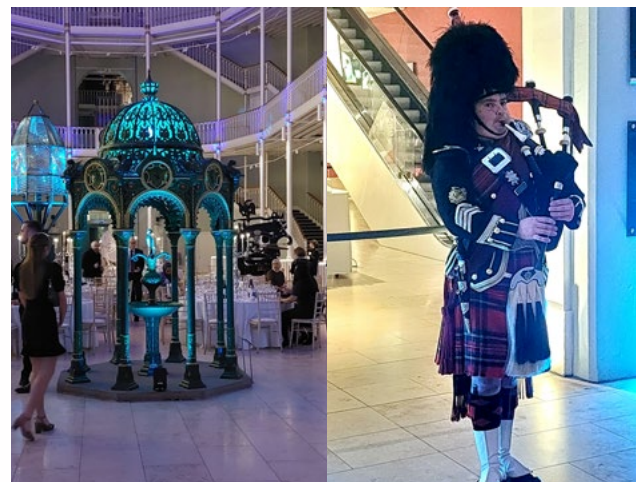
**KETO
EDUCATION
DAY**

THURSDAY 25TH MAY 2023

CROWNE PLAZA FELBRIDGE HOTEL • EAST GRINSTEAD • WEST SUSSEX

SUITABLE FOR PATIENTS | PARENTS | CARERS
COMMUNITY SUPPORT WORKERS | TEACHERS ETC.

**CLICK HERE FOR MORE INFORMATION
AND TO BOOK YOUR PLACE ➔**



BPNA Dinner - National Museum of Scotland

BRITISH PAEDIATRIC NEUROLOGICAL ASSOCIATION (BPNA) ANNUAL CONFERENCE CONTINUED...

We were able to display 2 posters on our stand, one summarising Jen Carroll's work (that MF and some families from our forum were involved in).

Jen's work explores the opinions of professionals and families as to the importance of outcomes that should be measured when following Ketogenic dietary treatment (KDT). In past research papers, most evaluations of efficacy were based on seizure numbers alone, although very important, we know that KDT influences so much more.

Hopefully Jen's work will encourage future researchers to include her 'core set' of outcomes when measuring efficacy of KDT.

The benefits of Patient and Public Involvement and Engagement (PPIE) in research: A charities contribution to outcome prioritisation for children with epilepsy treated with ketogenic diet therapy

1. INTRODUCTION

PPIE is an active partnership between patients, members of the public and researchers to provide insights into living with an illness and its treatment.

Two Matthew's Friends charity representatives were co-researchers on the CORE-KDT study team (Core Outcomes for Refractory Childhood Epilepsy treated with Ketogenic Diet Therapy). They had personal experience with epilepsy and KD therapy and continued to support families.

Aim of the study: For the first time, to reach an international consensus between parents, health professionals and researchers regarding a core set of outcomes for childhood epilepsy treated with KD.^{1,2}

2. METHODS

FIG 1. WAYS CO-RESEARCHERS CONTRIBUTED

A study advisory group was convened. PPIE was incorporated into all four phases of the CORE-KDT study:

1. Scoping review of measured and reported outcomes.
2. Parent interviews to seek their views on outcomes.
3. Ratification of outcomes for an international 2-round Delphi survey.
4. Prioritisation of outcomes using a Delphi survey and consensus meeting.

3. RESULTS

FIG 2. BENEFITS OF PPIE IN THE CORE-KDT STUDY

STUDY DESIGN

To facilitate parent co-researchers' active involvement, the study was designed to be a family-friendly, online survey with a 2-round Delphi survey to improve quality and availability.

RECRUITMENT

Plain English was used to both the participant information sheets and the online 2-round Delphi survey to improve quality and availability.

OUTCOME PRIORITISATION

By involving the co-researchers identified in phases 1 and 2, a core set of outcomes was identified and the online 2-round Delphi survey to improve quality and availability.

DISSEMINATION

Parents were informed about the CORE-KDT study findings through Matthew's Friends newsletters and virtual parent forums.

4. CONCLUSIONS

PPIE is often a prerequisite in research funding applications, yet some efforts to include patients and the public are criticised for being tokenistic.

Partnering with parent co-researchers enhanced recruitment and ensured the findings including the finalised core outcome set were relevant and accessible to patients and families.

Involving co-researchers and incorporating PPIE from the outset of study design is critical to success.

REFERENCES

1. Hild DM, et al. What is a public consultation in research? Recommendations for implementation in the context of a public consultation in research.
2. Carroll JA, et al. Core outcome set for childhood epilepsy treated with ketogenic diet therapy: results of an international Delphi survey. *Epilepsia*. 2023; 64(1):1-10.
3. Carroll JA, et al. The CORE-KDT study: a mixed methods approach to establish a core outcome set for childhood epilepsy treated with ketogenic diet therapy. *Epilepsia*. 2023; 64(1):1-10.

[CLICK TO VIEW 'CORE SET' OF OUTCOMES ➔](#)

Dr Natasha Schoeler, Senior Research Fellow and Honorary Dietitian, UCL Great Ormond Street Institute of Child Health and Great Ormond Street Hospital for Children, gave an update on the Ketogenic diet in infants with epilepsy (KIWE) trial.

This was a multicentre randomised controlled trial, for under 2s who continued to have seizures despite having tried 2 or more anti-seizure medications (ASM).

After a 1–2-week baseline period, children were randomised to receive the classical KD or a further ASM. At eight weeks, seizure frequency was similar in infants following the diet or a new ASM. Tolerability of both treatments was similar, and the KD was found to be safe to use in this age group. There were some positive changes in quality of life, communication, and socialisation in infants on KD.

THE EVOLUTION AND EVALUATION OF MATTHEW'S FRIENDS KETOCOLLEGE A TRAINING PROGRAMME FOR PROFESSIONALS

1. OBJECTIVE

- Matthew's Friends KetoCollege is a unique training programme developed by an international board of expert medical and dietetic mentors who specialise in ketogenic diet therapies (KDT).
- Established in 2016, KetoCollege aimed to meet the demand for credible, unbiased training, improving delegates' confidence with KDT and enabling them to enhance the service provided to their patients.
- It offers training in the scientific background and practical aspects of the implementation of KDT for professionals new to KDT or those requiring a refresher. Here we aimed to evaluate the programme and look to future developments.

2. METHODS

- KetoCollege is a three-day education programme of lectures, workshops and networking, run yearly since 2016, approved for CPD by the British Dietetic Association and Royal College of Paediatrics and Child Health.
- It quickly adapted to the COVID pandemic restrictions and moved online in the past two years. Delegates complete an evaluation form, providing feedback which informs future developments.

3. RESULTS

- KetoCollege has trained 885 professionals from 51 countries across seven programmes.
- Participant evaluations report improved knowledge, understanding and confidence with KDT. Delegates develop ideas and set goals to inform local service development and changes to clinical practice.
- Feedback consistently identifies the need for a follow-on advanced education programme in KDT therapies to address more complex topics, advanced fine tuning, and clinical case scenarios.

4. CONCLUSIONS

- KetoCollege is a unique, unbiased and well-respected education programme which successfully enhances delegates' knowledge and confidence to implement KDT. This improves accessibility to KDT for families and adults internationally.
- Delegates feedback has informed 2 key developments:
 - 1) KetoCollege E-learning platform launched in 2022 to provide on-demand education and training for health professionals new to KDT and includes free webinars to supplement their learning and CPD.
 - 2) KetoCollege Advance is launching in 2023 to support experienced keto teams.

Our second poster outlined our changes to KetoCollege for professionals. In conjunction and with thanks to our medical board and The Ketogenic Dietitians Research Network (KDRN), a new online course made up of six modules for beginners has been set up and a face to face 2-day Advance course will be held in May (23rd -24th).

Matthew's Friends KetoCollege ADVANCE

23RD & 24TH MAY 2023

CROVINE PLAZA FELDBRIDGE HOTEL • EAST GRINSTEAD • WEST SUSSEX • UK

REGISTRATION NOW OPEN

[CLICK HERE TO REGISTER ➔](#)

We had many visitors to our stand. Junior doctors and medical students were particularly interested in the online training modules to learn more about KDT.

There were also enquiries about funding transition into adult services.

KETOGENIC DIETARY THERAPIES CHARITY

£3.2 MILLION INVESTED SINCE 2004 IN CLINICAL RESEARCH • FAMILY SUPPORT • PROFESSIONAL TRAINING & EDUCATION

Val with Stefanie from the Glut1UK charity

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

The Matthew's Friends forum is growing! If you have not yet registered and are under a keto team, please do join us!

ONLINE INTRODUCTORY FILMS FOR FAMILIES
AND PATIENTS - MATTHEWS FRIENDS ➔

JOIN OUR FACEBOOK FORUM GROUP ➔

The chat has covered all sorts of topics of late. We rely on our families to guide us in what resources would be of most help and we all try to support each other where we can!

RECENT TOPICS

- Recipe ideas for new starters and inspiration for those families further on in their keto journey.
- Sharing new products, what's the lowest carbs and where to source them.
- Tracking recent prescription product supply problems.
- How to hide prescription products like vitamins.
- Questions about high or low ketones.
- Length of time to response to diet.
- Transition and the difficulties of moving to a service miles away because of the lack of adult services.

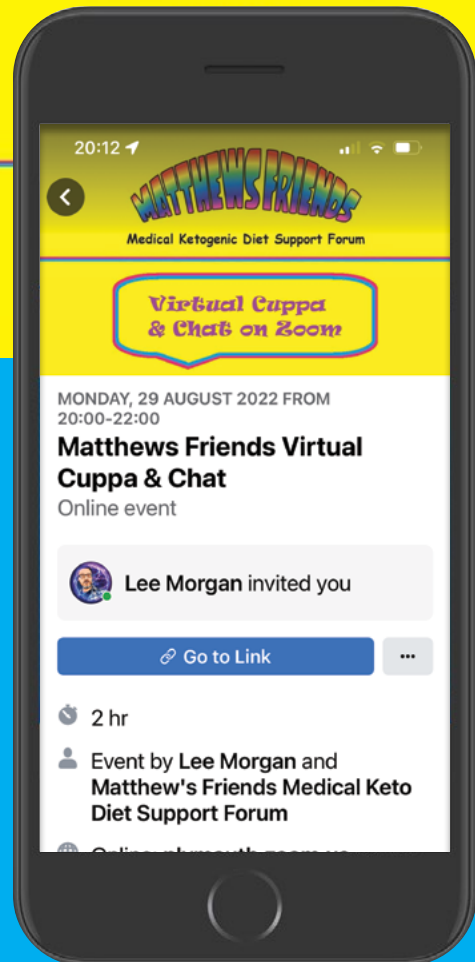
CHAT NIGHTS

Don't forget alternate Monday/Tuesday nights Lee Morgan who follows Keto as part of his own epilepsy treatment opens up our live chat 8 – 10 PM.

SEE LEE'S STORY HERE ➔

Sometimes we have speakers on (we would be very happy to hear about any topics you would like us to cover!) but most weeks it's Lee (pictured below) and Val, our Trustee and Ketogenic Assistant, available to answer questions, have a chat or just listen.

Just knowing that the people you are chatting to know what you are talking about can make all the difference.



PSSST....!



WE NEED YOUR HELP TO SPREAD THE WORD ABOUT KETO!

New Clinic/GP posters are now available from Matthew's Friends.

These can be displayed in Doctor's surgeries or clinic waiting rooms to inform people about the Ketogenic Diet. It would be wonderful for these to be available in ALL surgery and clinic waiting rooms, it will take time for us to achieve that goal, however your help in distributing them within your local area would be a great start.

If you receive your newsletter by post, then you will find some of these posters included in your envelope, if your newsletter is sent online, then you can download a copy of the poster from our website, alternatively you can request hard copies from us.

Please make sure your Doctor's office/Clinic agrees to these being displayed before putting them up though!

Thank you so much.

KETOGENIC DIETARY THERAPY (KDT) FOR THE TREATMENT OF EPILEPSY

WHAT IS KDT:

- A high fat, restricted carbohydrate diet designed to mimic the fasting state and induce ketone metabolism
- Used to treat epilepsy since the 1920s
- Implemented using traditional structured diets (classical or medium chain triglyceride (MCT) ketogenic diets) or more relaxed modified diets (modified Atkins diet (MAD), modified ketogenic diets (MKD) or low glycaemic index treatment (LGIT))



WHO THE DIET IS FOR:

- Individuals with epilepsy of any age - infancy through to adulthood
- Can be considered for any seizure type and syndrome
- NB. specific contra-indications need to be excluded

WHEN TO CONSIDER:

- Failure of seizure response to at least two appropriate anti-epileptic drugs (AEDs)
- May be considered earlier in course of treatment in some specific epilepsy conditions (Angelman, Doose and Dravet syndromes, infantile spasms, FIRES, tuberous sclerosis) or if solely formula-fed
- First line treatment for GLUT1 DS and PCHD (disorders of brain energy metabolism)

RESPONSE RATES:

- Around 70% of people with epilepsy will respond to AEDs but 30% will continue to have seizures
- If not seizure free after two AEDs, there is less than 5% chance of seizure freedom on a further AED
- Studies show that just over half of children on KDT will have greater than 50% seizure reduction and 10-15% will become seizure-free
- Many adults also show good response to KDT

**HOW TO FIND OUT MORE:
VISIT WWW.MATTHEWSFRIENDS.ORG
OR SPEAK TO YOUR DOCTOR**



Ketogenic Dietary Therapy
Information - Clinical - Research - Support
Registered Charity No. 118616

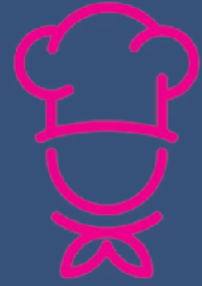
DOWNLOAD YOUR POSTER ➞

MICROWAVING & SLOW COOKERS

THE PRACTICALITIES ON KDT



ARTICLE BY VAL ALDRIDGE



MICROWAVE MEALS

For some people with epilepsy cooking with a conventional oven is not a safe option. The risk of injury for those with uncontrolled seizures is too high.

Less risky methods of cooking like using a microwave, though not entirely risk free, may go some way to maintaining precious independence. It may also be the only available option for cooking/heating a meal during a hospital stay, where a prescribed diet like a medical ketogenic diet treatment (KDT) is not catered for.

There are many delicious ready meals available these days that only need heating up in a microwave. For those following a medical KDT for these meals are mostly unsuitable.



My experience of microwave cooking is heating up food and hearing Lee and Elaine talk of their microwave mug cakes on the forum. As it turns out Mo too is not one for microwave cooking, so we thought we would challenge her to come up with a few ideas!

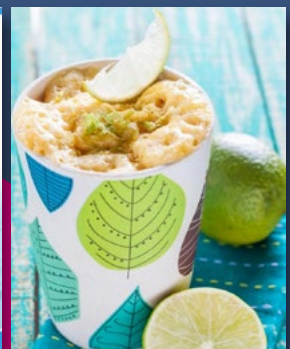
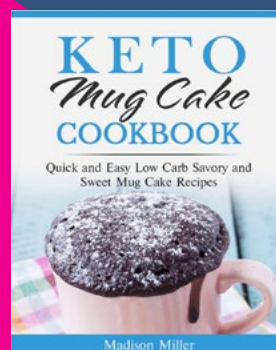
We are keen to include a section on the MF website. Please do send in any keto microwave recipes you have found to work well. We can add them on for all to share!

A couple of websites below may also be helpful. The quick meal ideas are worth a look and may be open for adaption to individual prescriptions. The BBC link, although not all keto, gives some great advice on the practicalities of cooking with a microwave, particularly regarding cooking times, dos and don'ts around cooking basic proteins like eggs, fish and chicken!

CLICK HERE FOR: QUICK MICROWAVE KETO MEALS - LOW CARB SIMPLIFIED ➞

CLICK HERE FOR: 30 MICROWAVE MEALS THAT ARE ACTUALLY HEALTHY - BBC FOOD ➞

I ordered this book, it is full of mug cake recipes, most of which are not as low in carbohydrate as you would want on medical KDT but ripe for adjusting!



CLICK HERE TO ORDER ➞

One problem when microwaving food is the lack of colour once food is cooked.

How to Brown Food in a Microwave Oven: 11 Steps (with Pictures). As always, most things can be found on the internet!

CLICK HERE FOR LINK ➞

MICROWAVING & SLOW COOKERS

THE PRACTICALITIES ON KDT

Mo's comments on microwave cooking and use of a browning dish:

'I tried making the omelette using a browning dish, hoping to get a nice finish to it but it was not any different from a normal dish. The egg was heavy rather than fluffy, like one cooked in a frying pan. I have also tried cooking bacon. Yes, it looked brown and crispy, but it was very dry, tough, and not easy to eat. So, I am still not a fan of microwave cooking.

The pork chop I cooked in a sauce. It was OK ish but the pork was tougher than it should have been.

Puddings/cakes/muffins all cook quite nicely but care is needed to prevent them becoming too dry. So much depends on individual microwave ovens. Any cooking times/temps would need checking with the makers manual. Always best to start with a short burst then just keep adding 10 seconds till cooked.

I still feel that using the microwave for reheating meals is the best choice.'

There does seem to be a range of reasonably priced containers and relatively safe options at least for heating up meals in the microwave.



**CHECK OUT THE
RECIPE SECTION
FROM PAGE 11**

**FOR MO'S
MICROWAVE
RECIPES!**



The only microwave meals that I am aware of on prescription are the Ketocare sachets.

[CLICK HERE FOR CHICKEN FLAVOUR →](#)

[CLICK HERE FOR BOLOGNESE FLAVOUR →](#)

A selection of microwavable sachets are available to buy from Natural ketosis. These products are aimed at people using KDT for weight loss, so will likely need added fat, like one of Mo's keto rolls with butter or extra cream once heated. They may be helpful to have available in the cupboard for emergencies, like hospital admissions or just days when you are all cooked out! The products vary considerably but all the nutritional information is available.

**VISIT THE ALL NATURAL & LOW CARB
STORE – NLC KITCHEN. CODE FRIEND WILL
GIVE 10% OFF ANY ORDER →**

EXAMPLE SOUPS 250G £3.45 PER SACHET



**BLUE CHEESE &
BROCCOLI SOUP**
FAT 14.3G, PRO 9.3G,
CHO 3.3G
(Per 250G sachet)



**CHICKEN &
VEGETABLE SOUP**
FAT 6.3G, PRO 13.8G,
CHO 4G
(Per 250G sachet)

[CLICK HERE FOR LOW CARB LUNCH
& AFTERNOON SNACKS →](#)

MICROWAVING & SLOW COOKERS

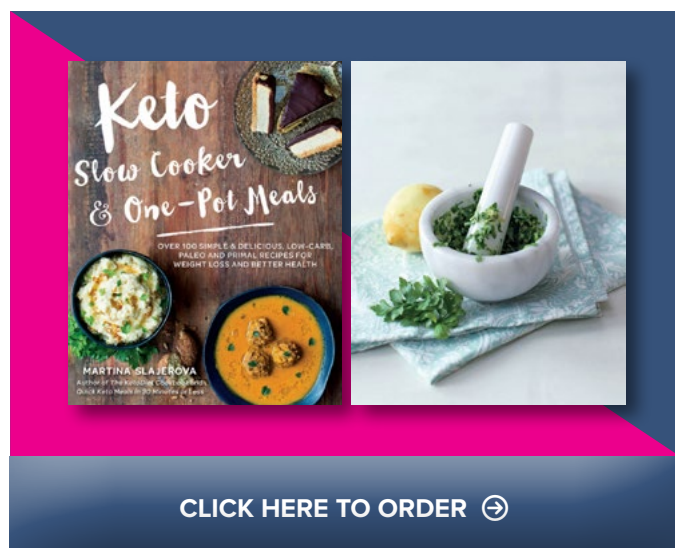
THE PRACTICALITIES ON KDT

SLOW COOKERS

Looking at slow cooker keto books recently I was amazed to find a recipe containing a cup of mango and a tablespoon of brown sugar amongst other ingredients. The recipe was for 2 servings, each containing 4g CHO. Not quite sure how they worked that out! So be careful!

I decided to go for a book by an author I had heard of. Martina Slajerova.

The recipes can be easily adapted, the author acknowledges that adaption is needed to suit medical ketogenic diets as the weighing of CHO is not exact. For some the relaxed approach may be enough to maintain stability.



[CLICK HERE TO ORDER](#) ➔

This is an American book, so some products are unfamiliar. (I now know that rutabaga is just common old swede!) Simply look for the 'Net carb' numbers when checking the suitability of recipes for your prescription as this equates to our 'Total carbohydrate' numbers on UK recipes/labels.

UK/Europe/Australia - Fibre	USA - fibre
Always use figure for total carbohydrate. Fibre has already been taken off	Fibre is included in the total CHO. Fibre is not absorbed & therefore will need to be subtracted from the total CHO amount.

The book contains excellent guidance on the basics of using a slow cooker, I would definitely recommend it if you are considering trying a slow cooker on keto!

Try a slow cooker to batch up soups, sauces & all in one meals. (like chilli/bolognaise where mince meat is cooked with very finely chopped/grated vegetables).

Trying to batch meals in a slow cooker where exact amounts of CHO are required per meal, tricky! I found pot divider baskets online with the idea of using one basket per meal to hold any protein or carbohydrate, with the liquid element containing the fat divided at the end between the meals. It seems though that nothing should touch the bottom or sides of the crock pot. The slow cooker book advised making doughnuts out of tin foil to place the baskets on. This and the fact that I couldn't fit many baskets in the slow cooker made me feel that it may be a lot of fiddling about, and perhaps slow cookers are best placed for the all in one batching?!

Mo's comments:

'Like microwaves, slow cookers are not all the same. Mine is very different from most others I have seen, so again the user's manual will have to be used rather than a recipe picked up either from a keto recipe book or me.'



MICROWAVING & SLOW COOKERS

THE PRACTICALITIES ON KDT

SOUP MAKERS

Another option especially when meals are small is a soup maker. They are quick & chop all the ingredients. I was worried about losing a lot of the mix on the blades etc, but once the soup has been removed, just add a little boiling water to the soup maker to swish around and then add the water to your soup mix.

These meals are great to hide vegetables & can be frozen and used as needed. Particularly handy during illness as even if only a little is eaten it will contain the right proportion of fat, protein and CHO for you or your loved one.

EXAMPLE - SIMPLE SOUP (ELECTRONIC KETOGENIC MANAGER E.K.M.)

Little Matty Soup Fat 32g Protein 4g CHO 4g = 1 portion	= 1 portion	= 4 portions
Streaky bacon	17g	68g
Oil	12g	48g
Carrot	15g	60g
Leeks	10g	40g
Mushrooms	20g	80g
Red pepper	5g	20g
Swede	30g	120g
Double cream	33g	122g

- Fry or microwave bacon, add all ingredients, plus dried herbs of choice, except the cream to the soup maker, add some chicken stock, cover with water, run program.
- Divide into 4 portions, add cream to individual portions as used.
- May be frozen.



ABOUT KETO RECIPE BOOKS

There are many recipe books around, professing to be 'Keto' that contain low carbohydrate meals. They can be great to give ideas for meals, but most are simply aimed at weight loss, where body fat is burned, creating ketones.

Although lowering carbohydrate is key to making ketones, medical KDT requires a consistent intake of fat (and protein) at meals to meet individual needs for symptom management, activity levels, well being and weight/growth goals.

If you have any concerns about new recipes you find, do have a chat with your dietitian to ensure that they suit your needs. Again, if anybody has any books or tips, they have found useful, please do share!



SEASONAL RECIPES

FROM OUR KETOKITCHEN



Spring has sprung - thank goodness!! It is so nice to see the flowers blooming and the days getting brighter.

In this edition of our newsletter, to complement the article on microwave cooking written by Val, Mo has included some simple microwave meals to try, as well as some new recipes which would be ideal to use at Easter. Don't forget to watch the chocolate workshops

that are available on our KetoKitchen YouTube channel and check out the recipe section on our website, just put in 'Easter' or 'chocolate' at the search function and watch lots of great ideas appear before your eyes. Have a great Springtime.

MICROWAVE CHEESE AND SPINACH OMELETTE

INGREDIENTS

- 105g Eggs
- 15g Double cream
- 11g Mature cheddar cheese
- 14g Spinach
- 2g Vegetable oil
- You will also need some salt and pepper to taste.

METHOD

- Chop the spinach & toss in the oil.
- Grate the cheese and weigh it.
- Place the spinach in a suitable microwave safe dish.
- Mix together the cheese, eggs, cream and seasoning, pour it over the spinach and mix well.
- Cook for 30 seconds in the microwave set on high.
- Give the mixture a good stir, then cook for a further 80 seconds.
- If not cooked through, put it back in for another 10 seconds.
- Serve hot.

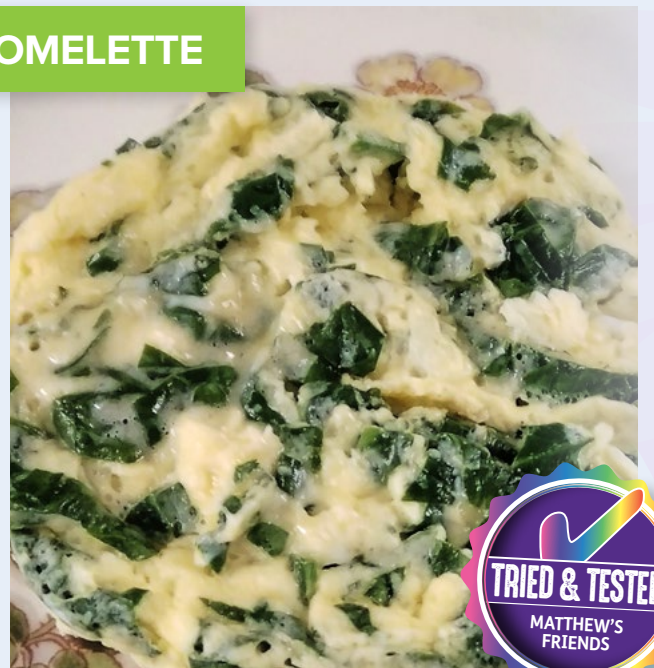
MKD 0.28G CHO TOTAL

CHO: 0.28G

FAT: 22.95G

PROTEIN: 16.61G

KCAL: 274



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

MICROWAVE PORK CHOP WITH BARBEQUE SAUCE

INGREDIENTS

- 200g Pork loin steaks
- 50g Canned tomatoes
- 15g Celery
- 4g Worcestershire sauce
- 4g Lemon juice
- 2g Mustard powder
- 4g Vegetable oil
- 2g Sundried tomato puree – GIA
- 18g Spring onions
- You will also need a few drops of liquid sweetener, a pinch of salt and some cold water.

METHOD

- Place the chop in a microwave safe dish.
- Chop the onion, celery and tomatoes, mix with the lemon juice, 20mls of water, Worcestershire sauce, oil, mustard, salt, Gia paste and 5 drops of sweetener.
- Pour over the chop and cover loosely with cling film, making a few holes in the top to allow the steam to escape.
- Set the microwave to high and cook for 10 minutes, test to see if the pork is cooked, if not return it to the microwave for a further 15 seconds.
- Remove the chop and set it aside wrapped in foil to keep warm.
- Mash the sauce with a fork if you prefer a smoother sauce, add a little black pepper.
- Return the dish to the microwave and cook for about 20 seconds.
- Pour the sauce over the chop to serve.

MO'S TIP

Nice with a green salad if you have the allowance.



MKD 5.21G CHO TOTAL
CHO: 5.19G FAT: 37.29G
PROTEIN: 41.28G KCAL: 521



MOROCCAN HARISSA ROAST LAMB

INGREDIENTS

- 125g Lamb neck fillet
- 36g Butternut squash
- 50g Celeriac
- 18g Red onion
- 6g Fresh coriander leaves
- 20g Vegetable oil
- 5g Lemon juice
- 3g Harissa paste – EL FEZ
- You will also need ¼ teaspoon of ground cumin, 1g of GIA garlic paste and a little salt and pepper.

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- Keep the lamb in one piece and make several slits in the top.
- Mix half the oil with the harissa paste, cumin and some salt and pepper, rub all over the lamb and set aside.
- Peel the butternut squash and celeriac before weighing then cut into even size cubes.
- Cut the onion into wedges.
- Place the vegetables in a small oven proof dish then coat with the remaining harissa paste, oil and some seasoning.
- Place the lamb in the dish with the vegetables, cook for approximately 45 minutes until the meat is tender.
- Meanwhile, chop the coriander until really fine, mix with the GIA garlic paste and lemon juice.
- Slice the meat and serve with the vegetables and coriander dressing.

MO'S TIP

You could use chicken thigh instead of lamb, however it will increase the protein and reduce the fat content. The lemon really cuts through the fat when served and enriches the flavours.



MKD 6.15G CHO TOTAL
CHO: 6.15G FAT: 37.76G
PROTEIN: 25.65G KCAL: 467



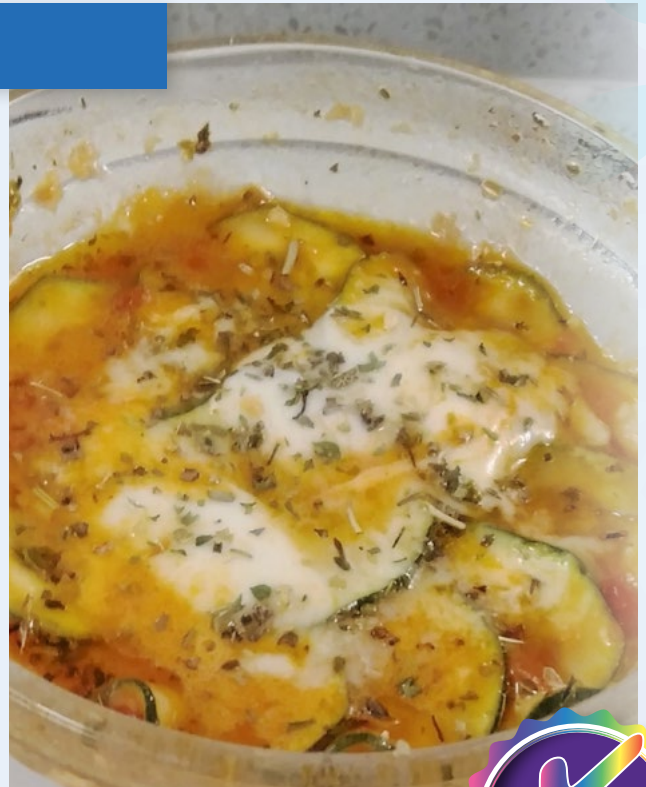
MICROWAVE TOMATO LASAGNE

INGREDIENTS

- 50g Courgette
- 78g Chopped tomatoes
- 3g Garlic paste - GIA
- 3g Sundried tomato puree - GIA
- 14g Mature cheddar cheese
- 11g Mozzarella MORRISONS SAVER BRAND
- 3g Olive oil
- You will also need some dried herbs and seasoning.

METHOD

- Slice the courgette thinly, I got 22 slices from a medium courgette.
- Mash the tomatoes and mix them together with the Gia garlic and tomato paste, a little salt and pepper and the olive oil.
- Finely grate the cheddar cheese.
- In a small microwave safe dish, put a layer of the tomato mixture, roughly 1/3rd, then a layer of courgettes, then roughly 1/3rd of the grated cheese. Repeat until you have used all the ingredients ending with the cheese.
- Slice the mozzarella thinly then place on the top.
- Cook with the microwave set on high. It should take approximately 4 minutes, but this will depend on the dish you are using and the heating category of your microwave. I would cook for 3 minutes then check, repeating the cooking and checking after each minute.
- Sprinkle with a pinch of dried herbs on top and let it stand for a minute or two before serving – it firms up nicely.



MO'S TIP

Can be prepared up to 24 hours ahead then cook when required.

MKD 3.88G CHO TOTAL

CHO: 3.88G

PROTEIN: 7.19G

FAT: 11.98G

KCAL: 152



MICROWAVE SPICED CAKE

INGREDIENTS

- 26g Ground almonds
- 20g Butter
- 25g Eggs
- 10g Granular sweetener of your choice - I used TRUVIA
- You will also need 1g mixed spice or cinnamon and 1g BARKAT baking powder.

METHOD

- Put the butter into a microwave safe container, if you don't have one suitable for cakes then a mug will be OK.
- Melt the butter in the microwave.
- Add in all of the other ingredients and mix well.
- Cook in the microwave on high for 80 seconds, test to see if it is done, if not return to the microwave for another 10 seconds.
- Turn out, it can be served warm as a dessert, or leave to go cold.



CLASSICAL 3.11:1 RATIO

CHO: 1.91G

PROTEIN: 8.76G

FAT: 33.20G

KCAL: 341



MO'S TIP

Cooking time will depend on the container. I used a 11cm plastic container, it cooked in 90 seconds. It makes a good shape that can be served in two snack portions. If spice is not liked, you can use vanilla or lemon extract. If you need to get more fat in, this is nice cut and spread with a simple butter icing. Easily made by beating the butter with some POWDERED sweetener. I would use 10g butter with 8g sweetener. Or serve with cream.

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

CHOCOLATE PANNA COTTA

INGREDIENTS

- 400g Almond milk – ALPRO
- 80g Double cream
- 50g Cocoa dark supreme – LINDT 90%
- 12g Gelatine
- You will also need some water and a few drops of liquid sweetener.

METHOD

- Prepare the gelatine according to the packet instructions.
- Heat the almond milk and cream in a small pan, do not let it boil.
- Stir in the chocolate and keep stirring until completely melted. Remove from the heat.
- Add the softened gelatine with sweetener to taste, stir well.
- Pour into a mould of your choice, a rabbit is good for Easter.
- When cold, cover with cling film & keep in the fridge for up to 3 days.
- Turn out to serve.

MO'S TIP

You could add a few drops of orange or vanilla extract to flavour. This makes 5 portions and can be enjoyed by the whole family.



MKD 8.68G CHO TOTAL
1.73G CHO PER PORTION
CHO: 8.68G FAT: 72.30G
PROTEIN: 17.93G KCAL: 757



IF DIVIDED EQUALLY INTO 5 PORTIONS, EACH PORTION WILL GIVE: 14.46G FAT / 3.58G PROTEIN / 1.73G CHO

MINT CHOCOLATE AND COCONUT MOUSSE

INGREDIENTS

- 34g Full fat soft cheese – PHILADELPHIA
- 46g Double cream
- 4g Cocoa powder
- 80g Coconut cream – UHT BLUE DRAGON
- You will also need some vanilla and peppermint extract and sweetener of your choice.

METHOD

- Chill the coconut cream overnight.

Mint chocolate layer:

- Beat the Philadelphia until fluffy, then gradually add the cream, cocoa, 3 drops of vanilla and sweetener to taste.
- Add one drop of peppermint extract, if you think it needs more, add another drop but be careful, depending on your brand of extract it can be a bit strong.

- Place in a container of your choice, a glass looks nice for a special meal.
- Place in the fridge.

Coconut layer:

- Beat the chilled coconut cream until fluffy, gradually add the sweetener and a few drops of vanilla extract.
- Spoon it on top of the chocolate layer and leave in the fridge overnight.



MO'S TIP

You can leave it plain or dust with a little cocoa powder and maybe get a bunny shape on the top for Easter. I used Truvia powdered sweetener and found 1 teaspoon was plenty in both layers, but do a little taste test. This is an adult portion but can easily be halved for a child. If peppermint is not liked, this is also nice with orange extract.

CLASSICAL 4.64:1 RATIO
CHO: 4.10G FAT: 46.76G
PROTEIN: 5.99G KCAL: 461



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



This rice pudding is a great dessert for when you are short on time!

Nutrition Information (entire recipe)

Serving suggestion

Carbs 4.51g

Calories 265

Fat 26.14g

Protein 1.83g

Ratio 4:1:1

Ingredients:

70g slim sticky rice
38.5g double cream
3ml Vanilla extract
5g Lemon peel
35ml KetoCal 4:1 LQ Vanilla
8g sugar free icing sugar
2g Lemon juice

Method:

1. Place all the ingredients into a small pan and heat over a low heat
2. Stir the ingredients until everything is combined and hot
3. Serve hot or cold
4. Add fresh fruit to serve



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and keep up to date



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

Check
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KETOGENIC CHAT

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



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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—



BRANDON KOPP – A KETO HERO

We are delighted to tell you about a new children's picture book that is available, telling the story of Brandon's experience on the Ketogenic Diet which has been written by Brandon himself.

He is donating the profits to Matthew's Friends and The Charlie Foundation to help others like him. What an absolute star!



The book is currently
available via Amazon

CLICK TO ORDER

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).

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Click on **FREE ITEMS FOR FAMILIES**

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



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„Networks“ | 15 – 16th June 2023

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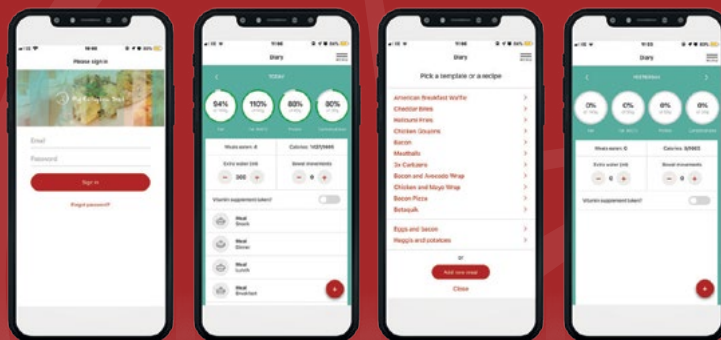
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Informed & In touch. It's made for you.

The **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:

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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

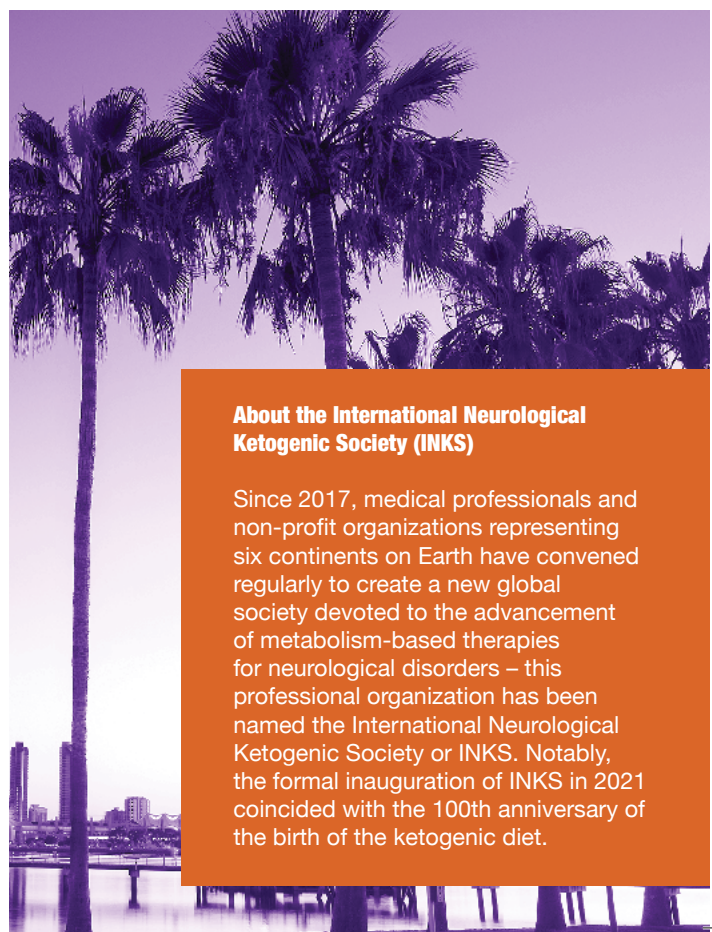
The September 2023 Symposium in San Diego, California will be the first organized by the INKS leadership, and will include many relevant and timely topics – including but not limited to:

- 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

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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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JOIN INKS TODAY

Visit the International Neurological Ketogenic Society (INKS) website 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

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!



MARCH 26TH EVERY YEAR IS PURPLE DAY

An international venture started in 2008 by Cassidy Megan, motivated by her own struggles with epilepsy, to raise awareness and try to dispel some of the myths surrounding the condition.

People worldwide wear purple, dye their hair, paint their fingernails and host Purple Day events all in support of epilepsy awareness! Matthew's Friends have supported the Purple Day movement since its foundation. We raise funds to help those affected by intractable (drug-resistant) Epilepsy.

PLEASE SUPPORT MATTHEW'S FRIENDS THIS PURPLE DAY BY DONATING HERE

THANK YOU!

ANDY'S NATIONAL 3 PEAKS CHALLENGE

Our designer Andy is taking on the National Three Peaks Challenge (in 24hrs) in September to raise funds for Matthew's Friends.

Thank you so much for your support!

VISIT ANDY'S JUSTGIVING PAGE



LEWIS AND SHAUN'S



Our Val's great nephew Lewis and his friend Shaun are taking on the challenge of running the Southampton Marathon on 23rd April to raise funds for Matthew's Friends.

Thank you both so much for your support!

If you'd like to donate to Lewis and Shaun's JustGiving page, please follow the link below.

VISIT LEWIS & SHAUN'S JUSTGIVING PAGE



**JOIN US & GO
#SUGARFREEFOREPILEPSY
IN NOVEMBER**



WWW.MATTHEWSFRIENDS.ORG
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**The Matthew's Friends
SUGAR FREE FOR EPILEPSY IN NOVEMBER
Facebook fundraiser raised £155!**

Our thanks go to Patricia Mayfield, Frances Isgrove, Angela B. Wheeler, Emma Thompson, Grace Hawkes, Kerry Holl and Adama Mccullough for their kind donations!

We also received donations amounting to £62.50 (incl. GiftAid) on our JustGiving Sugar Free for Epilepsy Campaign – again many thanks to those who donated. Every single pound and penny raised makes a difference and helps us to support those on Ketogenic Dietary Therapies for epilepsy.

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 2023 and beyond, thank you.

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WE'D LIKE TO THANK THESE FABULOUS FUNDRAISERS!

TONBRIDGE CASTLE TEAFEST & KAKESALE

SATURDAY 29TH APRIL 2023

#Tonbridge Teafest - A one day fundraising event to support the work of Braintrust, Matthew's Friends and the Lifestyle Health Foundation.

Tonbridge Teafest: Turning an 8yr brain tumour living experience into a celebration.

Tonbridge Teafest is a fun-d-raising event being organised by Neil Bindemann, who founded the Person-Centred Neuroscience Society in 2004.

Then in 2015 he was urgently operated on due to a non-malignant brain tumour. He recently wrote: "It is thanks to those eight years of a living experience, that I've gained an understanding of how, by becoming trauma informed, I can, through my 'day job', look for opportunities that may help make a difference to the quality of lives of others, who may find themselves in a less fortunate situation than I did, and who are living with a neurological diagnosis".

The Tonbridge Teafest will combine his love of music with a desire to showcase how it is possible to run cake sales with next to no sugar; something he has coined kakesales i.e., ketostyle cakes, raise funds for Matthew's Friends along with Braintrust and the Lifestyle Health Foundation.



Hilden Brass fundraising for the 'Teafest pot' outside the Tonbridge Old Fire station at Christmas.

From 11am onwards the plan is to have local small music groups playing at different locations around the town until 12:30. Then a concert will take place in the grounds of Tonbridge Castle from 2:30 until 4:30pm. The Kakestations will be at the different locations around the town and tea and 'Kake' will be served during the concert.

Why don't you come along and join in on Saturday 29th April 2023, it's going to be a fun day!

[VISIT NEIL'S JUSTGIVING PAGE](#)

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*1 Strawberry or Avocado travel mug together with a Strawberry or Avocado note pad and a Matthew's Friends pen.

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 2023 and beyond, thank you.