

# KETOGENIC THERAPIES

ONLINE | WINTER NEWSLETTER 2023 | EDITION NO. 23



Ketogenic Dietary Therapies  
Information • Training • Research • Support

Registered Charity No. 1108016

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

## SUNNY SAN DIEGO HOSTED THE 8<sup>TH</sup> GLOBAL SYMPOSIUM ON KETOGENIC THERAPIES

17-21 SEPTEMBER 2023



With more than 650 attendees, combined in-person/virtual, from 48 countries across the globe. The Loews Coronado Bay Resort provided excellent facilities to host the platform presentations, poster & industry exhibitions and networking opportunities.

Professor Jong Rho & Rady Children's Hospital hosted the event, in Partnership with the International Neurological Ketogenic Society (INKS), Matthew's Friends, The Charlie Foundation, The Glut1 Deficiency Foundation, The International Society of Neurogastronomy and UC San Diego School of Medicine.

As you may have read in our previous issue, Matthew's Friends supported a number of UK dietitians to attend – See inside where they share their highlights.



### SPECIAL FEATURES INSIDE:

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• TACKLING CONSTIPATION  
ON KETO - PAGE 8



• SEE INSIDE FOR DETAILS OF THE 2024  
MEETING! - PAGE 13



• SEASONAL RECIPES & QUICK  
WINTER SOUPS - PAGE 20



AND MUCH MORE!

## THE INKS EXECUTIVE COMMITTEE

The INKS Executive Committee were able to meet in person, congratulating Professor Rho on a fantastic event.

Following the event, Professor Rho steps down from chairing INKS, with Professor Helen Cross now assuming the Chair. Matthew's Friends CEO Julie Fountain is pleased to serve on the INKS Executive Committee as a Founding Member, as well as a number of other INKS committees, including the Organising Committee for the San Diego meeting.





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## CONTACT US...

NEWSLETTER ARTICLES:

✉ [enq@matthewsfriends.org](mailto:enq@matthewsfriends.org)

FOR RECIPE INFORMATION:

✉ [Ketokitchen@matthewsfriends.org](mailto:Ketokitchen@matthewsfriends.org)

FOR KETOCOLLEGE INFORMATION:

✉ [info@ketocollege.co.uk](mailto:info@ketocollege.co.uk)

Matthew's Friends, St. Piers Lane,  
Lingfield, Surrey, RH7 6PW

☎ 01342 836571

🌐 [www.matthewsfriends.org](http://www.matthewsfriends.org)

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

**CLICK TO VIEW FILM** ➔

ALTERNATIVELY YOU CAN USE THE QR CODE



### FACEBOOK FAMILY SUPPORT FORUM

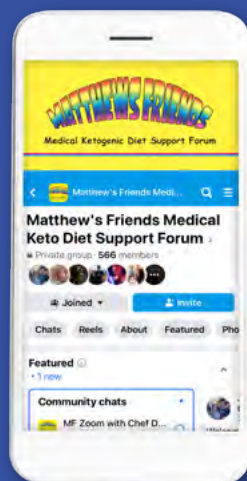
Once you or your loved one is on a medically supervised ketogenic dietary therapy, you can gain access to our Facebook support forum by filling out the request form and sending it to us. You will then be invited to join the forum and get to know other families in the same situation as yourself, where 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** ➔

ALTERNATIVELY YOU CAN USE THE QR CODE



**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)





### Jude Munn RD

Adult Ketogenic Dietitian  
The Barberry, Birmingham

**I am so grateful to Matthew Friends for supporting me with funding and giving me the opportunity to attend the Global Symposium in San Diego in September.**

The conference was an amazing experience and a great chance to hear about the latest research findings within Ketogenic Diet Therapy (KDT), including the great benefits the Ketogenic Diet has for patients with epilepsy and Glut1 and others with neurological conditions.

The symposium was a wonderful chance to connect, share experiences and catch up with fellow KDRN dietitians and health professionals specialising in the Ketogenic diet field with Julie and Val from Matthew Friends, it was a pleasure to spend time with each other. Being part of the ketogenic diet community with likeminded health professionals was inspirational- working in the ketogenic diet field all striving for the best patient care, there's still so much to learn.

The hosts (Rady Children's Hospital) made us very welcome – San Diego was a fantastic venue, and we had some time to explore the city and attend a cruise on the last night where we were able to enjoy an amazing sunset.

There were so many highlights including KDT and its impact on gut health and the microbiome, exploring knowns & unknowns in addition to exploring KDT Paediatric Transition and bone & calcium metabolism.

Beyond epilepsy was fascinating and included topics exploring KDT and its positive impact on suppressing inflammation and on neurological diseases, including research that demonstrated the beneficial effects KDT has with Cancer treatment, improving metabolic syndrome- such as diabetes, as an effective treatment for migraine and how it improves symptoms for patients with Multiple Sclerosis.

Working within a mental health trust I was particularly interested in KDT and benefits for mental illness- case studies demonstrated dramatic improvements in depressive symptoms and bipolar disorder which I plan to share with my dietetic colleagues. I have learnt so much from the symposium to take back to my MKD team to optimise patient care and to consider future areas of research with our KDT patients and patients in the mental health setting.



### Zoe Simpson RD

Great Ormond Street  
Children's Hospital

**As an Advanced Clinical Practitioner specialising in ketogenic diet for epilepsy and GLUT1, attending the recent 8th Global Symposium on Ketogenic Therapies was an invaluable learning experience.**

The conference provided a comprehensive view of the dietary therapy's role in epilepsy and new emerging area of research. The event offered a collection of learning opportunities, enabling me to deepen my understanding of the ketogenic diet's applications in managing epilepsy across all ages and GLUT1 deficiency. There were many presentations on current and future research supporting my awareness in novel therapies. For example, there is ongoing research into the use of MCT in the ketogenic diet and how this may provide additional benefits alongside increased ketosis. It was fantastic to see the expansion of the ketogenic diet and its use in infants and neonates, having worked on the KIWE trial. Case discussions highlighted patient outcomes and different clinical practice. This helped give ideas and considerations around developing the ketogenic diet practice at Great Ormond Street Hospital.

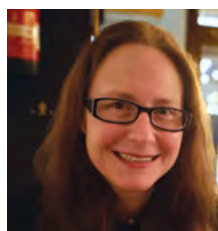
The networking opportunities at the conference were another area of learning. I had the privilege of connecting with fellow dietitians, medical professionals, and researchers who share a passion for improving the lives of individuals affected by epilepsy and GLUT1 deficiency. In summary, the symposium supported my professional development, equipping me with the expertise and connections to better support those in need of dietary interventions for epilepsy and GLUT1 deficiency. It was great to have the opportunity to see San Diego and Coronado.

# UK DIETITIANS SHARE HIGHLIGHTS

8TH GLOBAL SYMPOSIUM ON KETOGENIC THERAPIES | SAN DIEGO | 17-21 SEPTEMBER 2023



**Laura Healy RD**  
St James's Hospital Dublin  
Presenting at San Diego



**Tracy Cameron RD**

Ketogenic Diet Coordinator for the North of Scotland, Royal Aberdeen Children's Hospital

**There were many highlights to the 8th Global Symposium on Ketogenic Therapies in San Diego including networking with ketogenic dietitians from across the globe and learning about their practice.**

I really enjoyed the poster sessions which showcased the amazing research and projects that are happening around the world. There was opportunity to speak with the authors at certain times point over the two days and discuss the posters in more depth.



**Rachel Doody RD**

St George's Hospital  
London

**It was a pleasure to attend Global Keto conference in San Diego 2023. This was another fantastic opportunity for our global community of Ketogenic professionals to get together and network.**

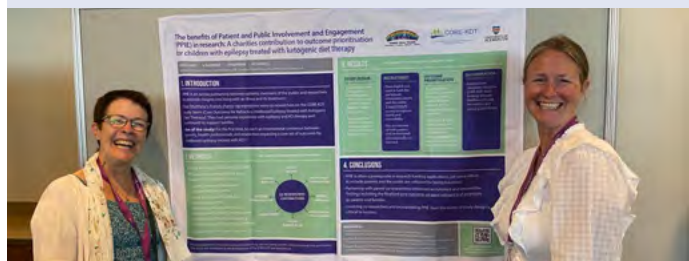
There was a fantastic array of lectures covering the use of KD in infancy right through the life cycle. It was particularly interesting to learn more about the use of KD in managing psychiatric conditions such as Bipolar & schizophrenia.

Personally, I thoroughly enjoyed the Neurogastronomy lectures – the study of flavour perception! Lectures on the use of the KD in infancy alongside breastfeeding were also extremely helpful and I have learned a lot which I can now apply in my own practice.

We had an update from Brandon Kopp, an inspiring teenager who was placed on the Ketogenic diet as a child. He has written a children's book 'Krazy for Keto' recognising when he was a child, he would have really benefitted from a book like this.

I also thoroughly enjoyed the poster sessions. I presented an audit on prescribing practices & carnitine supplementation at St Georges hospital which generated discussion from UK and international colleagues. This has certainly inspired me to take this audit further afield in the future. It was incredibly rewarding to discuss this project & gain an understanding of practices in other centres.

Huge thank you to Matthews Friends & KDRN for making my conference journey happen!



Posters that were of interest included 'Adaptive cooking tools for patients with epilepsy learning to prepare ketogenic food independently' which resonated with myself for adolescents that are having difficulties with their meal preparation and cooking, and 'A Qualitative survey of Challenges, Aids, and Surprising Effects for Adults on a Modified Ketogenic Diet' which highlighted the challenges of free living adults on a restricted diet whilst travelling for work.

If I could pick one lecture that was interesting and the author engaging, I would choose "The Microbiome as a Critical Modulator of Brain Homeostasis" by Jack Gilbert, PhD (University of California San Diego, San Diego, CA, USA). He discussed symbiosis and dysbiosis, the potential relevance of the microbiome to epileptogenesis and advised that there is only indirect, preliminary evidence to date.

Jack encouraged us to eat 30 different plants per week to have a positive effect on the diversity and health of your gut microbiome and be the healthiest version of yourself! Is the variety of plants something that you can aim to increase in your or your child's ketogenic diet?





# UK DIETITIANS SHARE HIGHLIGHTS

8TH GLOBAL SYMPOSIUM ON KETOGENIC THERAPIES | SAN DIEGO | 17-21 SEPTEMBER 2023



**Eva Partridge RD**

Adult Ketogenic Dietitian  
The National Hospital, London



**This September I was fortunate enough to be able to attend the 8th Global Symposium on Ketogenic Therapies thanks to a bursary from Matthew's Friends Charity.**

As a Dietitian who specialises in treating adults with Epilepsy, GLUT-1 Deficiency and Pyruvate Dehydrogenase Deficiency with ketogenic dietary therapy I am one of only four Dietitians with a similar role in the United Kingdom.

This means that being able to attend an international symposium is crucial to learn from other experts in the field, share knowledge, make connections, and help plan for the future. **My highlights were:**

## Hearing about new research / New Research supporting KDT

Dr Cervenka discussed a randomised controlled trial that supports the efficacy of the modified ketogenic diet in adults that has been published this year. New research that adds to the evidence for use of KDT in the adult population helps to support efforts to expand adult services and improve waiting times.

## Making Connections / Service Improvement Opportunities

Around two thirds of adults who are referred to the adult ketogenic dietary therapy service at the National Hospital for Neurology and Neurosurgery are trying ketogenic dietary therapy for the first time when they are assessed.

We also accept referrals from paediatric services for young people who have been on KDT since childhood. Meeting the Dietitians from paediatric centres in London was so valuable to create effective working relationships that support transition of care into adult services.

Hearing about other Dietitians' approach to their transition processes provided me with invaluable insights to help standardise and improve the journey for both patients and their families/carers.

## Continuing Professional Development / New Treatment Opportunities for KDT

Learning from a wide range of professionals gives a more holistic approach to patient care and I was interested to hear about new treatment possibilities for the use of KDT in conditions such as autism, migraine, brain tumours and depression.

Being up to date with the most recent evidence around application of ketogenic dietary therapy is critical in providing the best possible patient care.

I am really looking forward to applying the learnings from the symposium. A big thank you to Mathew's Friends for the opportunity!

# MILLCENT KELLY & JOHN FREEMAN AWARDS

Beth Zupec-Kania RDN and Dr Janak Nathan were worthy recipients of these prestigious awards for exemplary dedication to the advancement of medical Ketogenic Therapies. Both are pictured here with Dr Anita Devlin, Chair of the Trustees of INKS and Dr Eric Kossoff, Chair of the INKS Awards Committee.





We had awaited September 2023 for what felt like a lifetime (well, 2 years). The time had come for the 8th Global symposium on ketogenic therapies, held in San Diego, titled the best city in California by the host Dr Jong Rho, and we might be inclined to agree now.

We had strong representation from the UK, with dietitians attending from London, Manchester, Leeds, Cambridge, Ireland, Birmingham and Scotland. Dr Natasha Schoeler presented in Plenary session I on clinical approaches to managing glycolysis and fatty acid oxidation; Natasha and Victoria Whiteley presented the Keto Registry project in a breakout session on Tuesday, together with Dr Elles van der Louw from The Netherlands; Laura Healy presented her experience with adults on ketogenic diets in Plenary session IV.

We are continuing to gather feedback from professionals and parents, patients and families. Please see the links to the feedback surveys below.

**FEEDBACK &  
REGISTRATION  
OF INTEREST FOR  
KETOGENIC DIET  
CENTRES**



**FOR PATIENTS / FAMILIES**  
Please give us your views on whether you think we should include a patient/family section to the registry



## THE KETO REGISTRY

One of KDRN's projects, is currently being piloted in the UK and Europe and the symposium was a great opportunity to share information about this with an international audience.

The breakout session was very well-received, with every member of the audience voting that the registry would be of use in their clinical practice. We discussed at length, both as a group and with individuals, about the benefits of a registry and what would be required in order for centres across the world to implement one in the longer-term.

Our personal highlights from the agenda were recommendations for incorporating breastmilk as part of ketogenic diets supporting infants, the role of the microbiome and ongoing research in this area, the impact of taste on acceptability and compliance of the ketogenic diet, international clinical trials investigating the role of ketogenic diets in conditions other than epilepsy and, of course, the immensely valuable networking opportunities offered during breaks and the social calendar.

The Global symposiums are always rewarding, both from an educational and social perspective, and it has been such a pleasure to see increasing representation from ketogenic dietitians over the years, both from the UK and beyond. We look forward to Paris in 2025!



# FAMILY DAY SAN DIEGO



By Val Aldridge,  
Ketogenic Family  
Support Trustee

**Julie and I were lucky enough to be able to stay on for most of the Family Day before flying home.**

There are it seems far more resources put into using KDT for other neurological disorders in US. We had a research update in the scientific program.

On the family day, Matt Baszucki, a lovely young man challenged with Bipolar Disorder, told his story. He was fortunate to be strong enough, with the support of his Mum, to get through some very difficult times. KDT changed his life around, like it has done for so many people with epilepsy.

## Metabolic Mind | Fuel Your Mental Health

One thing that stood out in his presentation was that, in contrast to using KDT to treat epilepsy, once well-established, Matt was able to relax his carbohydrate intake to more of a 'low carb' way of eating, with no ill effect, for example liberalising his meals over holiday times. He knew not to go too far off track but certainly could be more liberal.

Glenna Steele from GLUT1DS US chaired a great session round table 'sharing and learning'. After ascertaining the most common challenges families faced on KDT by poll. Each table discussed the challenges and came up with solutions, then shared their solutions with everyone.

We also heard from a sibling, what it was like living with a sister on KDT. He was so kind about his sister and so supportive, for him it was a way of life!



I'm afraid my daughter Robyn may not have been quite so positive about Greg during the worst years of seizures/behaviour/KDT, unless anyone was mean to him of course!

The Family Day highlighted for us that for families wherever they may be, the fundamental challenges are the same and it is always so helpful to share experiences and support each other.

# KRAZY FOR KETO IN SAN DIEGO

**It was amazing to meet Brandon Kopp, author of Krazy for Keto, at the Global Symposium.**

Brandon is a naturally gifted communicator; after writing such an inspirational book aimed at children starting out on a Ketogenic Therapy, he then took to the lectern, sharing his own lived experiences with epilepsy and the ketogenic diet – a true ambassador for Keto.

We're grateful that all profits from the sale of Krazy for Keto via Amazon UK are donated by Brandon to Matthew's Friends.

Pictured is Brandon presenting Matthew's Friends CEO Julie with a fantastic donation cheque of \$750!

To order your copy, visit [Matthew's Friends Shop](#), or search Amazon UK 'Krazy for Keto'.



A BIT OF LIGHT RELIEF FROM THE SCIENCE (OR IS IT?) IN SAN DIEGO

# TACKLING CONSTIPATION ON KDT - TOP TIPS FROM THE GLOBAL EXPERTS



BY VAL ALDRIDGE - KETOGENIC FAMILY SUPPORT

**Constipation is a commonly reported side effect of neurological disorders and KDT, no matter where you live in the world, so we thought we would ask our global keto colleagues for their top tips to prevent and treat this eternally challenging problem.**

We've collated our findings into four categories: Fluids, Foods, Physical/ Behavioural and Medicines/ Supplements.

## FLUIDS

- Increased fluid intake was the most mentioned preventative measure.
- Adding water intake on top of general fluid intake through the day. Warm water was also mentioned with added apple cider vinegar.
- Green tea – even used as a gastric tube flush.
- Senna tea.
- Prune juice for babies with a high carb allowance.

## FOODS

- Avocado, rhubarb, greens, green banana, lettuce, olives.
- A variety of seeds flax, chia, crushed kiwi seeds.
- Ghee.
- Konjac root and Psyllium husk.
- Salt – added salt to food.
- Mo's breakfast trifle was mentioned.
- Click [here](#) for link to Mo's Trifle recipe.

## PHYSICAL/ BEHAVIOURAL

- Any exercise.
- Use of a standing frame.
- Abdominal massage.
- A toileting routine.
- Optimal position on the toilet.

## MEDICINES/ SUPPLEMENTS

- Macrogol e.g. Movicol, Laxido.
- Senna.
- Milk of magnesia.
- Magnesium salts.
- Mineral oil.
- Soluble fibre e.g. Optifibre.
- Antibiotics e.g. Erythromycin.
- Probiotics and Prebiotics e.g. Inulin – Plant based prebiotic and sweetener.
- MCT oil

Food wise, 'green bananas' were suggested by US dietitian Beth Zupec-Kania. These contain starches and pectin, types of prebiotics (dietary fibres) that help our gut bacteria to thrive. First you need to find a very hard unripe banana (approx. 0.5g carb per 2cm piece) and mash your measured portion down very finely, perhaps adding to a smoothie or porridge? This is a new one to us so worth a try if you haven't used it before.

Probiotics are used but there is really no evidence to say which bacteria will be helpful on an individual basis. Most recommended a broad-spectrum probiotic.

Also of interest was the use of antibiotics, used at the request of a gastroenterologist. Perhaps in a bid to reduce the unwanted bacteria?! What a lot we don't understand!

Interestingly, the keto teams from India and Italy we met in San Diego did not see constipation as a common problem. We will be looking at the foods/cultures in a future newsletter to see what we can learn from them.

Please always discuss dietary changes and new remedies with your dietitian!

[Click here to view our MF guidance re constipation.](#)



## BRUSSELS - BUT NOT AS WE KNOW THEM!

Forever on the lookout for low carb ideas, look what we found in San Diego... delicious crispy Brussel sprouts! As soon as we got home, I found out how to cook them on line and forwarded the link to my husband!

[CLICK FOR CRISPY BRUSSEL SPROUT RECIPE](#) ➞

A wide range of ideas, and I am sure that many people have their own magic dynamite! One thing that became clear from the conference presentations looking at our guts and microbiome, is that from one person to another there will be diversity around our reactions to foods and the types of bacteria living within each person, even within the same family, living together and eating the same food.





# BIRMINGHAM KETO & LOW CARB FESTIVAL



By Lee Morgan  
Matthew's Friends volunteer

**On Sunday 17th September I attended the Keto & Low Carb festival in Birmingham on behalf of Matthews Friends.**

It was a nice little venue with guest speakers throughout the day, these were mostly aimed at weight loss and general health.

I sat at the Matthews Friends table for most of the day, until most of our leaflets had gone. I had the opportunity and pleasure to speak with many people including a couple of nurses who had a new found interest in the diet used within healthcare. It was also nice to see a few friendly faces from the Matthews Friends Facebook Forum and some thanked us for the support and their very useful starter packs.

Later in the day I got an opportunity to take a walk round the venue and visited some of the stalls. It was nice to speak with them and ask them their story.

It was interesting to note that most of them had a background of ill health and the diet and helped them turn their lives around, so much so they wanted to give back and help others by creating their own products and services.

Some of these were kind enough to offer discounts to our members. Discounts can be found online at [here](#).

**For anyone interested in the next one, it will be held in Bristol on Sunday, 25th February 2024.**





# 35TH INTERNATIONAL EPILEPSY CONGRESS

## 2ND-6TH SEPTEMBER 2023 DUBLIN

IEC 2023 was a great success with 3,430 delegates joining both in person and online, from 122 countries, to attend 120 sessions led by more than 350 speakers.



We were delighted to attend this meeting, the first international congress since the pandemic, conveniently held in Dublin, Ireland.

Professor Manisha Patel gave a fascinating talk on Ketogenic Diet and beyond: what is on the horizon? Prof Patel is a Professor in the Department of Pharmaceutical Sciences at the University of Colorado. For over 20 years, her research laboratory has been working to understand the metabolic basis of epilepsy and develop metabolism-based therapies for the treatment of the condition.

A workshop discussing the different approaches from South Africa, South Korea, Singapore and India also featured in the programme. Aptly named, Indigenous Dietary Therapies in Epilepsy; different cultures, varied perspectives – similar outcomes, looked at how whilst approaches can vary much depending on local food sources and cultural habits, outcomes remain similar with over half of patients on KDT having a greater than 50% seizure reduction. We will be looking more at cultural food differences/diet management in future newsletter editions.



THANKS TO EPILEPSY IRELAND, THIS CAN BE VIEWED ON YOUTUBE HERE ➔

VISIT EPILEPSY IRELAND'S WEBSITE TO VIEW OTHER PUBLIC FACING PRESENTATIONS FROM THE CONGRESS ➔



Indigenous panel: from L to R – Prof Derrick Chan and Christine Ong (RD), Singapore – Prof Jo Wilmshurst (South Africa) – Prof Sheffali Gulati (India) and Prof Heung Dong Kim (South Korea), who hosted the 2018 Global Symposium on Ketogenic Therapies in Jeju, South Korea.





# ILEA 2023 ANNUAL SCIENTIFIC CONFERENCE



VAL AND JULIE ATTENDED THE ILEA BRITISH  
BRANCH CONFERENCE IN OCTOBER

**The meeting was held in The Glass House International Centre for Music. A stunning building in Gateshead with amazing views of the iconic bridges along the Tyne.**

We were delighted to receive a good deal of interest at the MF stand. Particularly from epilepsy specialist nurses looking after adults with uncontrolled epilepsy, seeking guidance on the efficacy and availability of KDT for adults.

Service provision in UK is sadly very limited. Matthew's Friends are very keen to promote and expand the availability of adult services.

If you are considering setting up a new adult service, please do get in touch. [enq@matthewsfriends.org](mailto:enq@matthewsfriends.org)



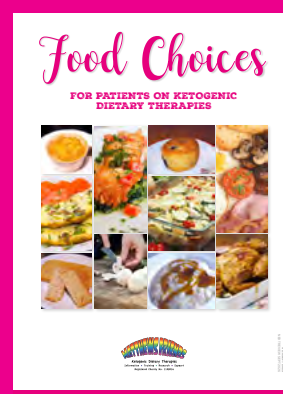
## UPDATED RESOURCES

**Our Food Choices and Colour & Shine booklets have both been refreshed and updated (September 2023).**

Food Choices is a useful resource for all patients on a Ketogenic Diet, with comprehensive information on food labelling and food choice lists for carbohydrates, protein and fats.

Colour & Shine is aimed at older children and adults – a fantastic resource packed with useful information and recipe. Colour & Shine is only available via your dietitian or on request from your ketogenic dietitian.

Both resources are available in hard-copy (UK only) and digital formats.



Email: [resources@matthewsfriends.org](mailto:resources@matthewsfriends.org)  
All our printed materials are available  
free of charge.

**CLICK HERE TO DONATE TO  
MATTHEW'S FRIENDS IN SUPPORT  
OF THESE AND FUTURE MATERIALS** ➔

# NUTRICIA'S 'MANAGING COMPLEX EPILEPSY'

## STUDY DAY | NOVEMBER 2023



VAL AND JULIE ATTENDED IN SHEFFIELD

**Paediatric Neurologist Dr Archana Desurkar** chaired the day and gave 2 excellent presentations. She started with an overview of the complex epilepsies and Ketogenic dietary therapies (KDT), and ended the day with an overview of infantile metabolic epilepsy.

**Hannah Taylor, Specialist Paediatric Dietitian** who works alongside Dr Desurkar at Sheffield Childrens Hospital, provided an overview of the patient journey from referral to being on KDT, for tube fed and oral diet patients. She highlighted the support available to families via apps, websites, nutrition companies and charities. Hannah reinforced the value of their service with written testimonials from a long list of very grateful families.

The Paediatric service in Sheffield have the rare resource of an adult service to transition into. **Rowan Sutherill RD** runs the service. She presented on the struggle to establish and to keep the service running. She explained how most children successfully wean off KDT before adulthood, but a small number remain dependent on KDT for longer term management beyond adolescence. The adult service also gives older children a chance to start KDT in the paediatric service with a planned transition. Rowan invited a parent of one of her adult patients to speak about her sons experience of KDT. A very powerful advocate!

**Vicki Whiteley RD, Advanced Clinical Practitioner** from the Royal Manchester Children's Hospital presented her recent research on the cost of implementing KDT for children and young people with drug resistant epilepsy. The data collected from centres across the UK found that although costs were significant, they may be less than other non – pharmacological treatments. The data provides the first step in development of a cost-effective analysis of KDT, which will be essential to inform future nationwide service planning and evidence based guidance.

**Dr Ruth Williams Consultant Paediatric Neurologist** at The Evelina Children's Hospital in London spoke about her experience of being part of the KDT team for the past 20 years.



Dr Williams presented case studies of children with complex epilepsies that she has looked after on KDT and shared various anomalies that cropped up in blood results and the significance of recognising other health problems that may or may not be related to their KDT. The medical expertise required to decide if/when KDT should be weaned/continued, in terms of general health, when to wean/add in anti-seizure medications. Within the keto team the dietitian often takes the lead, but Dr Williams highlighted the need for medical oversight with complex children on KDT. As part of the team, they are ultimately responsible for our children's care.

**Consultant Paediatric Neurologist Dr Chris Rittey** gave a very interesting presentation about non – epileptic seizures, ways to recognise them, prevalence, particularly in those already experiencing epileptic seizures. It is important to get the correct diagnosis and receive prompt treatment. He reiterated the fact that children have no control over non – epileptic seizures.

**FOR MORE INFORMATION VISIT THE WEBSITE**  
**WWW.NEUROKID.CO.UK** ➔

We're grateful to Nutricia for the opportunity to attend this study day, meeting many epilepsy health professionals, sharing our materials to support their KDT learning and resources to support families.

## CONGRATULATIONS DR CARROLL

We would like to congratulate Dr Jen Carroll RD for her success in completing her PhD developing the CORE-KDT outcomes set for children with drug-resistant epilepsy treated with ketogenic diet.

She is keen to thank all who helped and is already looking onwards to developing a bespoke tool to measure the outcomes!







Medical Ketogenic Diet Support Forum



## DON'T FORGET TO JOIN OUR PRIVATE FORUM

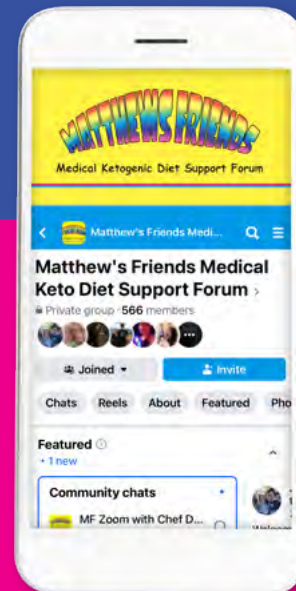
[CLICK HERE TO JOIN](#)

**OPEN TO PATIENTS/PARENTS/FAMILY MEMBERS WHO ARE ON A MEDICALLY-MANAGED KETOGENIC THERAPY.**

**Live chats alternate Monday/Tuesday night 8 – 10 PM.**

Take the opportunity to come and ask your keto questions, share any difficulties, and support each other on your keto journey.

Don't miss interacting with our guest speakers! Post any questions you may have for them on the forum.



Mon 6th Nov 2023	Jude Munn RD The Barberry, Birmingham, on Hormones & KDT
Mon 20th Nov 2023	Chef Derek from Nutricia Chocolate demonstration/Advent calendars
Mon 4th Dec 2023	Chef Derek from Nutricia on Christmas recipes
Mon 12th Feb 2024	Dr Archana Desurkar, Sheffield Childrens on Bone health/Growth
TBC	Lisa O'Brien ESN on Anti-seizure medication
TBC	Agnieszka Szmurlo RD, GOSH, on K.Vita
TBC	Zoe Simpson RD, GOSH, on Monitoring on KDT

**WE WILL ALWAYS RECORD PRESENTATIONS WHERE SPEAKERS ARE AMENABLE, TO POST ON THE FORUM FOR THOSE UNABLE TO ATTEND ON THE NIGHT.**

# SAVE THE DATE



Matthew's Friends  
**Keto College**  
ADVANCE

THE 2ND KETOCOLLEGE ADVANCE EVENT  
**21, 22 & 23 MAY 2024**  
CROWNE PLAZA FELBRIDGE HOTEL • EAST GRINSTEAD • WEST SUSSEX • UK

VISIT: [KETOCOLLEGE.CO.UK](https://ketocollege.co.uk)

EMAIL: [INFO@KETOCOLLEGE.CO.UK](mailto:info@ketocollege.co.uk)

# CELEBRATION TIME!

BY VAL ALDRIDGE, KETOGENIC FAMILY SUPPORT

We are approaching that time of year when extra school events, parties, excitement, stress and tiredness are building up. To top it all, so many of the activities seem to be centred around food. "More potential seizure triggers and more stress", I hear you shout? So, here are a few tips and practical ideas that may help to ease you through the festive season.

## PREPARATION IS KEY!

Make sure any prescription KDT products, (including plastics for those on tube feeds) and medications (including emergency meds) are all well stocked up to cover the holiday period.

In an emergency, your local pharmacy or feed delivery service will do what they can to top you up, but there is always a delay in distribution over the Christmas / New Year period, so avoid leaving it to chance.

You don't need any extra stress! We do keep a few KDT prescription samples in the MF office for emergencies (no plastics, sorry) so if you find yourself in a real pickle, as a last resort you can email [val@matthewsfriends.org](mailto:val@matthewsfriends.org) but unless you are local, we won't be able to get anything to you once everything shuts down!



## EATING OUT

If you are planning to eat out, check out the menus online or at the restaurant and book in advance. Some restaurants may be very happy to make menu adaptations to accommodate the needs of your KDT, if they have prior warning, so it's worth asking.

If it's a chain restaurant, chances are you can also find out the nutritional values of meals online. See below a few that I found. Some, like Pizza Express are probably best avoided.

OK if you could take your own low CHO pizza base, but these days health and safety are not keen on that sort of thing!

I always found the easiest places to eat out on Keto were cafés for fry ups or pubs where you take your scales and can just order plain meat or fish with vegetables or salad, extra butter or oil, and Hellman's mayo in your bag in case you need extra fat.

Below is an interesting guide to eating out but it does seem again aimed at low carbohydrate lifestyles rather than medical KDT. It does give an idea though and I imagine will be helpful for adults on KDT out for Christmas meals.

[CLICK HERE FOR YOUR GUIDE TO KETO-FRIENDLY RESTAURANTS AROUND LONDON](#) ➔

 <p><b>DOWNLOAD</b> Pizza Express PEX Nutritional Menu - Autumn-Winter 2023</p>	 <p><b>DOWNLOAD</b> Nando's Nando's Nutrition Facts: What to Order &amp; Avoid</p>	 <p><b>DOWNLOAD</b> McDonalds McDonald's Nutrition Calculator</p>
 <p><b>DOWNLOAD</b> KFC Allergens and nutritional Information</p>	 <p><b>DOWNLOAD</b> Toby Carvery Menu and Allergens and dietary options</p>	 <p><b>DOWNLOAD</b> Harvester Menu and Allergens and dietary options</p>

Lee Morgan on KDT, runs our chat nights on the forum. He always checks out what's on the menu and if they have ingredients in one meal that half work, e.g., Chicken and chips, he will ask to swap the chips for something keto friendly from another meal!





## EATING IN

If everyone is having a takeaway, you can make a keto equivalent so that nobody misses out.

Keto curries and pizza bases can be made and frozen well in advance. Stir fries are better made on the day, but you can chop and weigh out the ingredients beforehand and store them in the fridge.

[CLICK FOR MATTHEW'S FRIENDS PIZZA WITH CAULIFLOWER BASE](#) ➞

[CLICK FOR THE 20 BEST KETO CURRY RECIPES \(IEATKETO.COM\)](#) ➞

[CLICK FOR KETOGENIC CHINESE STIR FRY YOUTUBE](#) ➞



## PARTY FOODS

If you have not tried Mo's sausage rolls yet, you must, they are amazing!

[CLICK FOR MATTHEW'S FRIENDS SAUSAGE ROLLS USING GRATED MOZZARELLA](#) ➞

Smoked salmon, spread with cream cheese and rolled, olives, cold meats, fish, sausages. Hard boiled eggs.

[CLICK FOR EASY KETO SCOTCH EGGS RECIPE - LOW-CARB & DELICIOUS](#) ➞

[CLICK FOR MATTHEW'S FRIENDS CHEESE STRAWS WITH AVOCADO DIP](#) ➞

Use the low carbohydrate bread to make 'special' shaped sandwiches (use a biscuit cutter).

[CLICK FOR CHEESIES CHEDDAR WAITROSE & PARTNERS](#) ➞

Boursin/Philadelphia to dip?



[CLICK FOR PORK SCRATCHINGS TESCO GROCERIES](#) ➞

[CLICK FOR MATTHEW'S FRIENDS - PARTY FOOD PLATTER](#) ➞

Type Christmas into the Matthew's Friends website in the recipe section or click on the link for more ideas!

[CLICK FOR CLASSICAL / MODIFIED RECIPES ALL - MATTHEWS FRIENDS](#) ➞

## CHRISTMAS & BOXING DAY

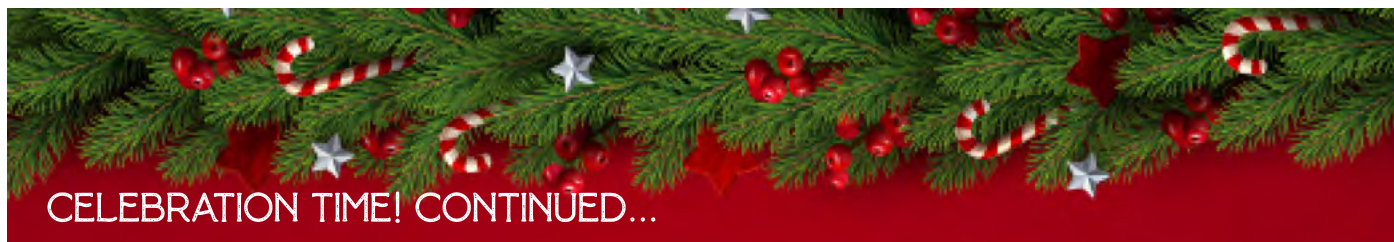
Make a menu up and once you know what you are making you can make a list of what you need for the bank holiday meals.

[CLICK FOR MO'S 2 COURSE TRADITIONAL CHRISTMAS DINNER MEAL](#) ➞

I found a lovely book with ideas for Keto Christmas recipes. The KEYTO Christmas: Kev Mason. The meal ideas look good, mainly for adults though, and as always will need adaption to meet the needs of your medical KDT.

[CLICK FOR THE KEYTO CHRISTMAS BY KEV MASON ON AMAZON.CO.UK](#) ➞





## PUDDING

Don't forget pudding! Greg had a special Christmas chocolate log made for him every year.

It was cut up into snack size portions. On Christmas day we had dinner and then a bit later, Greg had his Chocolate log afternoon snack for pudding. Below is Mo's 'Yule' Log recipe. The one I used for Greg was let's just say a bit more 'rustic' looking and contained some Liquigen, as he was on the MCT KDT. He loved it at least!

[CLICK FOR MATTHEW'S FRIENDS YULE LOG RECIPE](#) ➞

We always have friends over on Christmas eve. Their daughter was on KDT and continues to eat a low carbohydrate diet. My husband always makes a simple Chilli Chocolate Mousse for himself, and she has the same. She loves that they both have their 'special' pudding, and she takes an extra one home to eat on Christmas day. It's nice and easy.

### Here's how to make it:

High percentage dark chocolate, double cream, chilli powder, vanilla essence, and sweetener to taste. Use half the amount of chocolate to double cream.

- Heat half the cream, do not boil.
- Add the chopped up or grated chocolate, vanilla, and chilli powder whisk until the chocolate melts.
- Add sweetener if required.
- Whisk in the remaining cream.
- Pop it in the fridge.
- Serve with a blob of whisked double cream and berries.

### Here are a couple of Mo's special puddings.

[CLICK FOR CHRISTMAS ORANGE TRIFLE - YOUTUBE](#) ➞

[CLICK FOR KETOGENIC CHRISTMAS PUDDING - YOUTUBE](#) ➞

## SWEETS AND NIBBLES

A few ideas.

An old favourite is to use a mix of sugar free jelly with cream to make sweets using festive moulds. Another is to make jelly with sugar free lemonade, to make it a bit 'special'.

[CLICK FOR MATTHEW'S FRIENDS HARIMO'S RECIPE](#) ➞

[CLICK FOR MATTHEW'S FRIENDS CHOCOLATE FUDGE RECIPE](#) ➞

### COCONUT MELTS

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Egg 12g</li> <li>• Butter 12g</li> <li>• Desiccated coconut 14g</li> <li>• Sweetener</li> <li>• Vanilla essence</li> </ul> | <p>Mix everything, divide into 8 sweets in small silicone sweet molds, bake gas 6 for 10 mins.</p> <p><b>8 sweets = 1g CHO</b></p> |
|---|--|

### NUTTY CHOCs

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Egg white 10g</li> <li>• Cocoa powder 2g</li> <li>• Brazils 13g OR 12g walnuts OR 6g Ground almonds</li> <li>• Butter 6g</li> <li>• Desiccated coconut 6g</li> <li>• Sweetener</li> </ul> | <p>Grind up nuts, mix cocoa in butter and melt, combine everything, divide into 6 sweets in small silicone sweet moulds, bake gas 6 for 10 mins.</p> <p><b>6 sweets = 1g CHO</b></p> |
|--|--|

### BOUNTY SWEETS

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Cocoa powder 2g</li> <li>• Desiccated coconut 10g</li> <li>• Double cream 10g</li> <li>• Patak's coconut cream 14g</li> <li>• Sweetener</li> </ul> | <p>Dissolve cocoa powder in a little boiling water, mix all ingredients together, share mixture between 8 Christmas sweet moulds, refrigerate.</p> <p><b>8 sweets = 2g CHO</b></p> |
|---|--|



## CELEBRATION TIME! CONTINUED...

### SPECIAL DRINKS

Diet fizzy drinks, sparkling water with sliced lemon/lime. Made extra special with festive straws and cups!

Don't forget to keep drinking water in between to keep hydrated and keep bowels and kidneys functioning well. One of those drinking bottles may be a great keto friendly present?!

[LINK TO PMS CHRISTMAS CHARACTER BOTTLE 500ML - SANTA OR SNOWMAN](#) ➞

[LINK TO 150 PCS CHRISTMAS PAPER STRAWS, BIODEGRADABLE PAPER STRAWS](#) ➞

[LINK TO BAKER ROSS CHRISTMAS CHUMS MUGS - PACK OF 4](#) ➞

Another tip from Lee is for a 'luxury' hot chocolate, he melts chocolate flavour K.Yo (available on prescription) in a microwave with Alpro light soya or almond milk. It starts lumpy but with a good stir it makes a lovely thick 'special' hot chocolate.



### BISCUIT CUTTERS & MOULD

There are so many biscuit cutters and moulds that make any biscuit/cake/sweets/chocolate look a bit special. Here are a few examples.



[LINK TO THE TWIDDLERS - 100 PIECES CHRISTMAS CUPCAKE CASES IN ASSORTED FESTIVE XMAS DESIGNS FOR PARTY](#) ➞



[LINK TO CRETHINK CHRISTMAS COOKIE CUTTER SET 5 PIECES STAINLESS STEEL SOFT PVC EDGE XMAS COOKIE CUTTERS](#) ➞



[LINK TO 2 PIECES SILICONE CHRISTMAS MOULD TREE & SNOWFLAKE FOR HOME PARTY CHRISTMAS XMAS CAKE](#) ➞



[LINK TO 3 PIECES CHRISTMAS CHOCOLATE MOULD AND CANDY SILICONE BAKING MOLDS](#) ➞

### TREE DECORATIONS

You could make your own Christmas tree chocolates? There are even wrappers online.



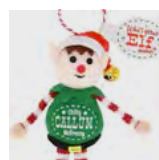
[LINK TO HEYU-LOTUS 100 SHEETS, CHOCOLATE CUPS IN FOIL, GOLD FOIL WRAPPERS, 10X10CM](#) ➞

Also, you can add a sticker, and loop a bit of cotton under the sticker to hang it on the tree?

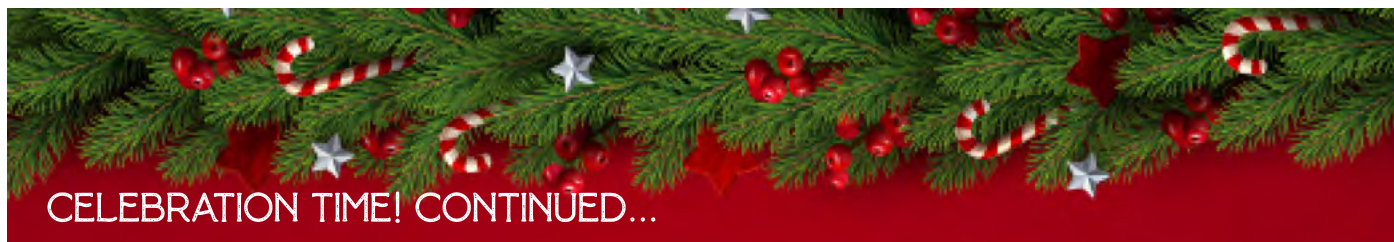


[LINK TO 500 PIECES MERRY CHRISTMAS STICKERS ROUND LABELS 1INCH](#) ➞

If that all sounds rather involved and likely 'melty' (or is that just my cooking!) there is the alternative idea of buying children their own personalised tree decoration, that can go on the tree every year. There are many online, see an example below.



[LINK TO HISTORY & HERALDRY ELF PERSONALISED CHRISTMAS TREE DECORATION](#) ➞



CELEBRATION TIME! CONTINUED...

## ALCOHOL FOR THE ADULTS ON KDT

For adults this is your shout. However, if you are new to KDT and unsure if alcohol impacts on your seizure control or if it interacts with your anti-seizure medication, then do have a chat with your medical team before the festive season arrives!

**What drinks to choose?** The safest bet is likely a measure of clear colour free spirit (gin, vodka, white rum) made into a long drink with a sugar free mixer. Just be aware that some of the carbohydrate free spirits with colour may contain sugar alcohols that may impact on ketosis, depending on your individual susceptibility.

If you do choose to have a glass of wine or a low carbohydrate lager e.g. Amazon.co.uk: skinny lager bottles try adding sugar free lemonade to make a shandy or soda water to white wine to make a spritzer.



**LINK TO SKINNY PREMIUM LAGER, GLUTEN FREE, FULL FLAVOURED, LOW CALORIE** ➞

This is a great compromise which reduces the speed of your carbohydrate and alcohol intake, increases your fluids and makes one alcoholic drink go further! Remember that carbohydrates consumed alone without any fats will more likely effect ketone and glucose levels. Try to make your drink part of a meal or include a fatty snack alongside like cheese, crispy bacon, chorizo or nuts.



**CLICK HERE FOR A LINK TO MEDICAL KDT AND ALCOHOL GUIDANCE ON THE MATTHEW'S YOUTUBE CHANNEL** ➞

Below is a general online guide to the carbohydrate content of alcoholic drinks. Remember that brands will vary and that these types of guides are usually for people using low carbohydrate diets weight loss, not medical KDT, so just be very careful.

**LINK TO KETO FRIENDLY ALCOHOL: THE ULTIMATE GUIDE TO LOW-CARB DRINKING** ➞

## KEEP MOVING

Around the holidays don't forget to keep moving!

When the weather is not so great and there's loads on telly it's easy to get to the end of the day, realising that nobody has actually moved much. Exercise in whatever form is great for our general health, but it is also great on KDT to burn that fat and make ketones! Try to factor in a walk or some active games like twister, or some dancing.



## MONITORING & MISHAPS

Try to keep to your usual pattern of testing ketone/glucose levels as best as possible. It's so easy to miss routines when the household gets festive!

Some children are very strict with themselves on KDT, but with all the party food in the house some might grab something they shouldn't, sometimes without understanding and sometimes with great intent...cue Mission Impossible music!

It's also a time when a well-meaning relative may give your child a chocolate or more likely a satsuma thinking that fruit is ok on KDT. Make anyone visiting aware that KDT is a medical diet and that your child can only eat what you give them. KDT should be treated as an Anti - Seizure medication!

Whatever the reason, if unplanned carbohydrate is eaten, (think how quickly 5g carbohydrate can bring excess ketones down or glucose up!) you could follow up promptly with some fat to moderate the effect and if possible, do some exercise to use the glucose quickly.

If you only discover the mishap later, put it behind you. Over the next couple of days, you may see more seizures, odd behaviour, or you may find your child is absolutely fine. Keep an eye and keep emergency meds handy, just in case!



# MAKE HAPPY MEMORIES AND HAVE FUN!

**It's not easy for families, especially siblings when seizures often seem to be the start of Christmas day!**

I think back to my two when they were younger. Robyn my daughter as Tigger, bouncing round wanting to open presents at the crack of dawn and Greg as Eeyore, couldn't really be bothered, feeling rubbish! As it turns out, they are much the same now even at age 28 and 29, minus seizures thankfully, Greg would just rather be playing golf!

Interrupting routine, changes from school to home routine and then back again can be a challenge. I believe that by making traditions over the years we can try to develop the Christmas routine. KDT or not, those traditions will hopefully remain.

What I wanted to stress is that when living with children with disabilities, everyday can be exhausting! We just have to do the best that we can!

Please don't beat yourself up if your house doesn't look or feel exactly like one of those Christmas adverts, let's face it, nobody's does! In our house the boys get the 'Bah Humbug' socks (and worse), no Christmas PJ's for them, but there will be fun, plenty of crackers and dreadful jokes, a few silly games and no doubt plenty of 'heated discussion'!

**Merry Christmas and a happy New Year to all!**

Here are a few game ideas below, no food in sight!



**LINK TO CHRISTMAS PARTY BINGO GAME: FUN FOR GUESTS OF ALL AGES - MORE ENTERTAINING THAN A XMAS QUIZ! ➔**



**LINK TO 12 X CHRISTMAS BATH BOMB GIFT SET FROM ZIMPLI KIDS, GREAT VALUE STOCKING FILLERS FOR CHILDREN ➔**



**LINK TO DRUMOND PARK ARTICULATE CHRISTMAS GAME, FUN FOR ALL THE FAMILY ➔**



**LINK TO CHRISTMAS FAMILY GAME - SANTA SPLAT, UNLIMITED PLAYERS, FOR CHILDREN AND FAMILY ➔**

## LINKING UP WITH INFANTILE SPASMS TRUST SUPPORT GROUP FOR A Q&A ON KDT



ARTICLE BY VAL ALDRIDGE

Despite a few technical delays (Val linking into the IS face book forum) Once we got underway, Chloe (Mum to Tia, super keto responder) facilitated an interesting and varied Q & A session on the IS forum for parents of children with Infantile Spasms.

We discussed the need to start KDT as early as possible with IS. The practicalities of blended keto, the breastfeeding alongside keto formula and many of the basics around keto for those parents thinking of starting diet.

Infantile spasms are noted in the 2018 International recommendations as responding particularly well to KDT.

**Optimal clinical management of children receiving dietary therapies for epilepsy: Updated recommendations of the International Ketogenic Diet Study Group - PMC (nih.gov)**

Dr Liz Neal RD has recently updated our IS evidence sheet on our website [here](#).



**Epilepsy syndromes and conditions for which KDT has been consistently reported as more beneficial (>70%) than the average 50% KDT response (defined as >50% seizure reduction).**

- Angelman syndrome 56,57
- Complex 1 mitochondrial disorders 51,55
- Dravet syndrome 35,36
- Epilepsy with myoclonic–atonic seizures (Doose syndrome) 34,37,38
- Glucose transporter protein 1 (Glut-1) deficiency syndrome

- (Glut1DS) 27,29–32
- Febrile infection–related epilepsy syndrome (FIRES) 44–47
- Formula-fed (solely) children or infants 48,49
- Infantile spasms 10,39,40
- Ohtahara syndrome 50–52
- Pyruvate dehydrogenase deficiency (PDHD) 28
- Super-refractory status epilepticus 44,46,53,54
- Tuberous sclerosis complex 41–43

# SEASONAL RECIPES

We hope you enjoy our festive Keto offerings! You will notice a couple of recipes from Mo that include Panda flour, a lovely new ingredient great for baking! The ingredients of Panda flour are Bamboo Fibre, Coconut Flour, Psyllium Husks.

To purchase with our 10% discount, visit [ketoroma.com](http://ketoroma.com) and use the code MATTHEWSFRIENDS at checkout.

## MERRY CHRISTMAS BAKING!

For more recipes visit [www.matthewsfriends.org](http://www.matthewsfriends.org) click on Keto Kitchen – Keto Recipes and search YouTube for Matthew's Friends keto cooking channel.



## FESTIVE SPICED CAKE USING PANDA FLOUR

### INGREDIENTS

- 17g PANDA flour
- 65g Eggs
- 4g Sultanas
- 4g Raisins
- 2g Orange zest
- 24g Butter
- 6g Ground almonds
- 20g SUKRIN GOLD
- 1g Cranberries – WHITWORTHS LITTLE JEWEL
- 5g Baking powder - BARKAT
- You will also need some ICING sweetener, I used PURESWEET, but others are available, 1g of mixed spice and some pretty ribbon and decorations.

### METHOD

- Pre heat oven to 180c / fan 160c / gas 5. Reserve the ICING sweetener.
- Finely grate the orange rind, then weigh it. Snip the dried fruit into pieces with scissors.
- Melt the butter, mix with the beaten eggs, orange zest, Sukrin Gold plus 10g of water.
- Add the baking powder to the Panda flour, ground almonds and mixed spice, then beat in the wet ingredients. Stir in the chopped fruit.
- Place in a small cake tin, which will need to be greased, I used a 4 inch one.
- Cook for approximately 35 minutes, until firm to touch.
- Cool in the tin for 5 minutes before turning out.
- On the day that you are going to serve the cake sprinkle with the ICING sweetener, add a pretty ribbon and decorations of your choice.

This makes 4 portions giving:  
7.48G FAT / 2.80G PROTEIN / 2.25G CHO



MKD 9.04G CHO TOTAL  
2.25G CHO PER PORTION  
FAT: 29.96G  
CHO: 9.04G  
PROTEIN: 11.21G  
KCAL: 351



## 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**



## EGG CUSTARD TART USING PANDA FLOUR

### INGREDIENTS

- 55g Double cream
- 52g Eggs
- 30g PANDA flour
- 30g Butter
- You will also need a little cold water, a few drops of liquid sweetener, a little grated nutmeg or cinnamon and a 6-inch pie tin.

### METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- **First make the pastry** by rubbing the butter into the Panda flour, then mix to a dough with 60mls of water, leave to rest for at least 10 minutes.
- When the pastry is ready, roll it out between 2 pieces of baking parchment to fit the pie tin.
- Blind bake the pastry case for approximately 10 minutes until just golden, leave to cool.
- Next make the filling and reduce the oven to 140c / fan 120c / gas 3.
- Beat together the egg, cream, 20mls of water and a few drops of liquid sweetener.
- Pour into the pastry case and sprinkle with a little nutmeg or cinnamon.
- Bake for approximately 30 minutes until set.



### MO'S TIP

This makes at least two good portions, or 4 snacks. To blind bake: line the pastry case with a piece of baking paper, add some baking beans or dry rice to weight it down, this encourages a crispier bottom. The cooked tart will keep for 2 days in the fridge. The pastry case can be made ahead and kept in the fridge for 3 days, or freeze. Do not freeze after filling.

### CLASSICAL 4.25:1 RATIO

FAT: 58.86  
CHO: 3.82G

PROTEIN: 10.02G  
KCAL: 585

## CHEESE & CUCUMBER CHRISTMAS TREES

### INGREDIENTS

- 44g Mature cheddar cheese
- 21g Cucumber
- You will also need some cocktail sticks.

### METHOD

- Cut the cheese into equal pieces, 3 cubes 2.5cm x 2.5cm x 1.5cm thick for the base and 3 stars each 1cm thick using a 2.5cm star cutter.
- Using a vegetable peeler, slice the cucumber into long strips, each piece needs to have green edges and weigh 7g each, although a little bit more won't hurt.
- Fold the cucumber slices to form the tree and push a cocktail stick through the centre to secure it, place on top of the cheese base.
- Add the cheese star to the top.



### MO'S TIP

They can be made a few hours in advance and kept in the fridge. This is an almost carb free recipe and is easy to fit into party food snacks.

### MKD 0.30G CHO TOTAL

FAT: 15.48G  
CHO: 0.30G

PROTEIN: 11.39G  
KCAL: 186

VISIT MATTHEW'S FRIENDS

**#KetoKitchen YouTube channel**

FOR KETOGENIC RECIPE DEMONSTRATIONS AND TUTORIALS!



## HAM AND CHEESE FESTIVE TREATS

### INGREDIENTS

- 25g Butter
- 12g Mature cheddar cheese – finely grated
- 28g Ultra fine fiberflour – LONJEVITY FOODS
- 10g Cheese slices – DAIRY LEA
- 10g Ham
- 7g Ground almonds
- You will also need some seasoning.

### METHOD

- Reserve 8g butter.

#### Start by making the biscuits:

- Pre heat oven to 180c / fan 160c / gas 5.
- Mix together the fiberflour, ground almonds and a pinch of salt, rub in the butter.
- Stir in the finely grated cheese.
- Mix to a dough with approximately 2 teaspoons of cold water.
- Roll out evenly, not too thin, between 2 pieces of parchment paper.
- Shape as preferred, cook for approximately 12 minutes, leave to cool on a wire rack.
- When ready to serve, cut stars out of the ham and cheese slices then weigh them. One slightly smaller than the other looks good on the biscuit.
- Using the reserved butter, spread on the biscuits, dividing equally between the number of biscuits you have made.
- Add the ham star first then top with the cheese star.



### MO'S TIP

Divide the total recipe by the number you make, this will make it easier to calculate the values of each biscuit once you have added the toppings. I made 6 biscuits using a 6cm cutter, for the ham star I used a 5.5cm cutter and for the cheese star I used a 3.5cm cutter.

I used Morrisons thin cut ham, if you use a thicker ham you will need to adjust the values after weighing. The biscuits will keep in an airtight container for up to 3 days, just add the topping when needed. Each one is only 1g of carbs making them good party treats for both keto and non keto family members.

**MKD 6.00G CHO TOTAL**

**1.00G CHO PER TREAT**

**FAT: 31.33G**

**CHO: 6.00G**

**PROTEIN: 13.88G**

**KCAL: 361**

**Mo made 6 treats. Each treat gives:  
5.22G FAT / 2.31G PROTEIN / 1.00G CHO**



## BEEF WELLINGTON

### INGREDIENTS

- 200g Beef fillet steak
- 28g Eggs
- 50g Ground almonds - MORRISONS
- 100g Italian mozzarella - MORRISONS
- 80g Mushrooms
- 25g Butter
- 8g Sunflower oil
- 10g Psyllium husks
- 16g Double cream - MORRISONS
- You will also need a pinch of dried herbs and 2g of GIA garlic paste.

### METHOD

- Pre heat oven to 190c / fan 170c / gas 6.
- Divide the fillet into two even size pieces, heat the oil in a frying pan then sear to seal them, remove from the pan and set aside to go cold.
- Chop the mushrooms, add the butter to the frying pan and cook the mushrooms with the garlic paste and herbs for 2 minutes. Set aside to go cold.
- Next make the pastry. Chop the mozzarella into small pieces, melt in the microwave. Mix in the ground almonds, psyllium husk, egg and cream.
- Mix well to form a dough, divide into two pieces.
- Roll each piece into even size rectangles, this is best done between two sheets of baking parchment.
- Spread a quarter of the mushroom mix in the middle of each rectangle, place a steak on top then add the remaining mushroom mix on top of the steaks.
- Fold the pastry over the steaks to make parcels. Seal the pastry with a little beaten egg.
- Place with the sealed side down on a non-stick or lined baking tray, brush with a little beaten egg.
- Cook for approximately 15 minutes, the steak does not need to be over cooked just make sure the pastry is done.



### MO'S TIP

The wellingtons are low carb which allows for vegetables to suit your ratio. You can of course use less beef if you need to reduce the protein. Drain the mozzarella well, dry with kitchen roll. This can be prepared 24 hours ahead and cooked when required.

**MKD 4.88G CHO TOTAL**

**2.44 G CHO PER PORTION**

**FAT: 101.24G**

**CHO: 4.88G**

**PROTEIN: 78.71G**

**KCAL: 1,246**





## CHOCOLATE RUM TRUFFLES

### INGREDIENTS

- 8g Butter
- 50g Cocoa dark supreme LINDT 90%
- 55g Double cream
- 2g Cocoa powder – DR OETKER
- You will also need a little ICING sweetener (optional) and two teaspoons of rum or brandy.

### METHOD

- Blitz or grate the Lindt chocolate to get it as fine as possible, then weigh it.
- Heat together the cream, butter and rum in a small pan, gently simmer for a few minutes.
- Pour the hot cream onto the chocolate, beat well until the chocolate has melted.
- Pour into a container and leave to go cold.
- When it is cold, cover with cling film and leave in the fridge for several hours, overnight is best.
- Divide into equal portions, a teaspoon is big enough, shape into rough balls.
- Dust them with the sieved cocoa powder.



**CLASSICAL 4.33:1 RATIO**  
**0.57G CHO PER TRUFFLE**

**FAT: 62.27G**  
**CHO: 8.11G**

**PROTEIN: 6.27G**  
**KCAL: 618**



### MO'S TIP

Keep in a container in the fridge until needed, then place in sweet cases. For a finishing touch you could add a little sprinkling of ICING sweetener. These are not very sweet, you could add a few drops of liquid sweetener, but it is nice to have something chocolately but not too sweet. For a less 'grown up' flavour you could omit the rum or brandy and use orange extract. As the rum / brandy is simmered in the cream, this cooks off the alcohol leaving just the flavour. These are ideal treats.

### 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**

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*Starter Pack contents may be subject to change without notice, due to stock and funding availability.*





# SOUP WINTER WARMERS

## CHICKEN AND MUSHROOM SOUP

### INGREDIENTS

- 400g Chicken consommé - WAITROSE
- 80g Mushrooms
- 30g Butter
- You will also need a good pinch of dried herbs of your choice and a little black pepper.

### METHOD

- Chop the mushrooms.
- In a small saucepan, fry the mushrooms gently with the butter.
- Add the consommé and herbs, simmer for a few minutes, season with a little black pepper.
- Blend with a stick blender until smooth.



### MO'S TIP

This makes one adult portion but will make two snack or starter portions.

MKD 2.90G CHO TOTAL

FAT: 27.06G

CHO: 2.90G

PROTEIN: 7.62G

KCAL: 286

## SPICY TOMATO SOUP

### INGREDIENTS

- 100g Tomatoes - canned
- 12g Celery
- 1g Chilli powder
- 2g Paprika
- 16g Vegetable oil
- 20g Double cream
- 12g Spring onions You will also need ½ KNORR vegetable or chicken stock cube dissolved in 100mls of boiling water and 4g of GIA garlic paste.

### METHOD

- Reserve the cream for serving.
- Chop the onion and celery.
- Heat the oil in a saucepan and gently fry the onion and celery until soft, don't let it go brown!!
- Add the chilli powder, garlic paste and paprika with the tomatoes, stir well.
- The add the stock and simmer for about 8 minutes.
- You could serve it as it is, but it is very nice if you blend it first, I used a stick blender.
- To serve, drizzle with the cream, or just stir it in.



### MO'S TIP

You can adjust the heat by either increasing or decreasing the chilli powder. No need to add salt as the stock cube gives enough seasoning.

CLASSICAL 3.98:1 RATIO

FAT: 26.67G

CHO: 4.59G

PROTEIN: 2.12G

KCAL: 267

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**



# HUMBLE SOUP FOR THOSE COLD WINTER DAYS

The best soups are usually homemade, and Mo has given us a couple of delicious recipe options! But sometimes its nice to have something you can have without having to cook.



Some over the counter, some online, tinned/cuppa soups are fairly low in carbohydrate (CHO), so it may be worth a look, a few examples below that are 5g CHO per 100g and less, different flavours and brands do vary greatly, so do check!

A very good way to hide fat MCT or LCT and to get fluids in. If using MCT fat, heat the soup first and stir in. Make it a meal, add some grated cheese for extra protein or cooked mince/tuna/ham to tomato soup? Cooked chicken to chicken soup?



Heinz Cream of Chicken soup  
4.7g CHO per 100g



Heinz Cream of Tomato Soup  
5g CHO per 100g



Waitrose Tomato & Basil Soup  
4.5g CHO per 100g



Waitrose Beef Consommé  
1.5g CHO per 100g



Waitrose Chicken Consommé  
0.6g CHO per 100g



Batchelors Chicken Cuppa Soup  
4g CHO per 100g



Covent Garden vegetable soup  
4g CHO per 100g



Covent Garden Spiced Butternut soup  
2.9g CHO per 100g

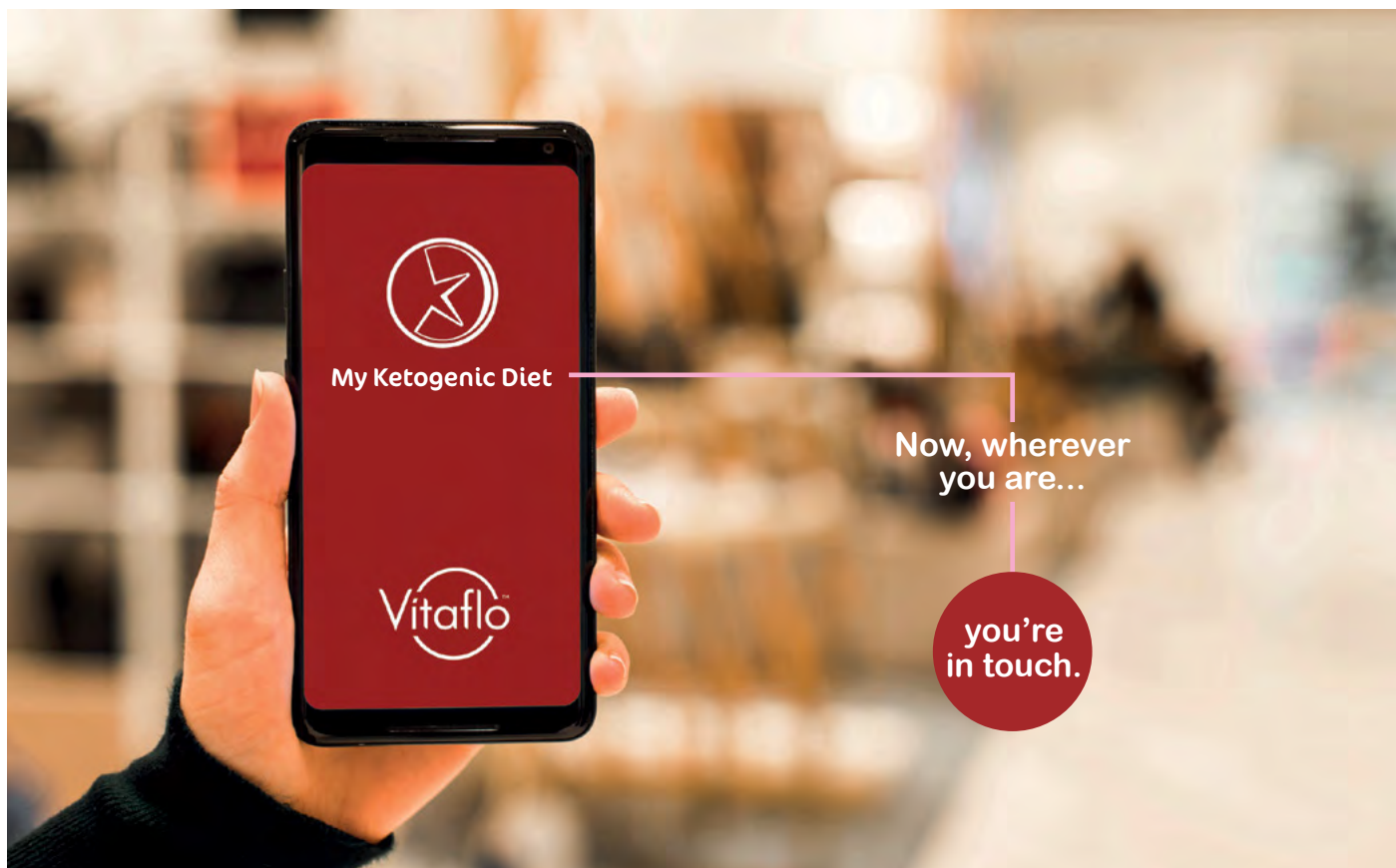


Freja bone broth available online, expensive but nutritious and quicker than making your own! 0.3g CHO per 100g

**NATURAL  
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REAL KETO | REAL EASY

Natural Ketosis do a range of low CHO soups.  
Visit: [www.naturalketosis.co.uk/our-food/lunch](http://www.naturalketosis.co.uk/our-food/lunch)





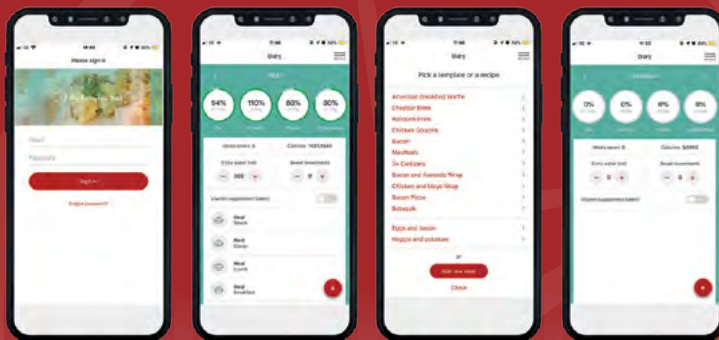
## The My Ketogenic Diet App, from VitaFlo™.

*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:

- 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 or scan the QR:



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Classic dessert which can be made ahead of time, then frozen and reheated on the day

Approximate Nutrition Information (entire recipe)

Serving suggestion

Carbs 9.2g	Calories 411	Fat 36.82g	Protein 9.22g	Ratio 2 : 1
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Ingredients:

20g ground almonds  
16g whole raw chicken eggs  
12g suet, shredded  
10g KetoCal 3:1 Powder  
5g prunes, ready-to-eat, semi-dried  
5g pecan nuts, kernel only  
5g Brazil nuts, kernel only  
2g stevia granulated sweetener

Method:

1. Chop the prunes and pecan and Brazil nuts into small pieces.
2. In a bowl, mix all the ingredients together to form a stiff batter.
3. Grease a small glass ramekin and then place the mixture in the ramekin.
4. Cover with a disc of baking paper and then cover with foil.
5. Steam for 20-25 minutes, keep checking the water does not dry up.
6. Serve straight away or cool before then freezing until needed.
7. To reheat, microwave for 1.5 minutes on med/high. Serve with cream or brandy butter.



Connect on Instagram  
and keep up to date



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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](http://MyKetoPlanner.co.uk)

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WRITTEN BY  
SUSAN WOOD, RD

**In September, I presented a virtual Ketogenic Diet Therapy education session for the Roald Dahl Epilepsy Nurse Specialists. Here's a little introduction to them and the fabulous work they do.**

Roald Dahl's Marvellous Children's Charity, provides specialist nurses and support to seriously ill children with complex medical needs and was established in 1991 by Roald Dahl's widow Felicity, shortly after his death.

There are currently around 120 Roald Dahl Nurses based in NHS Trusts and Health Boards around the UK. Approximately half of these are Epilepsy Nurse Specialists, hence the interest in finding out more about ketogenic Diet Therapies. All in all, Roald Dahl Nurses provide specialist supportive care for more than 33,000 children with lifelong, complex conditions across the UK. A truly marvellous service!

To find out more about the charity and Roald Dahl Nurses please visit [www.roalddahlcharity.org](http://www.roalddahlcharity.org)

## ADVERTISEMENTS

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**bolognese**

fat: 34.7g | carb: 4.8g | pro: 6.8g | fibre: 7.8g | kcal: 373

**chicken**

fat: 29.4g | carb: 2.6g | pro: 6.9g | fibre: 0.6g | kcal: 302

**suitable for children with dysphagia**

Children with dysphagia should have an up-to-date assessment from a dysphagia trained speech and language therapist as well as guidelines about which textures and quantity they may safely eat.

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

KetoCare products are foods for special medical purposes and must be used under strict medical supervision.



MEDICAL ADVISORY BOARD – AUGUST 2023

## MEDICAL ADVISORY BOARD (MAB) GETS TOGETHER

In August our Medical Advisory Board (MAB) had a long overdue in-person meeting in Lingfield, Surrey.

Chaired by Professor Helen Cross, the MAB had the opportunity to discuss many aspects of the medical focus of the charity, including consideration of the funding requests received from hospitals in the UK and Ireland, examining the evaluation feedback from KetoCollege Advance (held in May), a review plan of the medical content of the charity website and literature & much more!

To find out more about our MAB members, visit [matthewsfriends.org](https://matthewsfriends.org) Medical Section. We are very grateful for their ongoing support and expertise.

## WELCOME TO OUR NEW MEMBER!

We are delighted to welcome Professor Williams to our Medical Advisory Board!

**Professor Robin SB Williams**  
PhD FRSB

**Professor of Molecular Cell Biology, Centre for Biomedical Science, Royal Holloway University of London**



Robin is a research scientist with special interest and expertise in dietary treatment for epilepsy. He investigates how dietary treatments and both existing and new medicines work at a molecular and cellular level for people with a diagnosis of epilepsy. Over the last 20 years, his research has led to important advances in understanding dietary treatment, and in doing so helping to validate and expand the use of these approaches. His research, often in collaborations with clinicians at a national and international level, has contributed to the development of a new diet for the treatment of people with a diagnosis of drug resistant epilepsy. He has discovered direct therapeutic roles for medium chain fatty acids, beyond ketones, providing new insight to the use of diets in disease treatment. His interests include studying the metabolic effects of diets and expanding their use to improve the health and quality of life for those with other diseases, including cancer and bipolar disorder.

Robin also serves as a member of the Executive Committee of the International Neurological Ketogenic Society (INKS).



PROFESSOR HELEN CROSS OBE PRESENTING  
AT 8TH GLOBAL SYMPOSIUM, SAN DIEGO



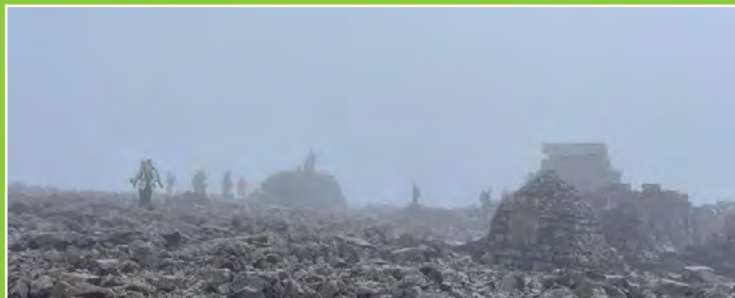
# FUNDRAISING **FOR** **MATTHEW'S** **FRIENDS**

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 **X @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!**

## ANDY'S NATIONAL 3 PEAKS CHALLENGE

Our fabulous Graphic Designer, Andy Martin of ACEYM Design Solutions undertook the massive challenge of conquering the 3 peaks, that's Ben Nevis, Scafell Pike and Snowdon in 24 hours! This mega challenge took place 29th September - 1st October.



"Climbing the peaks of Ben Nevis, Scafell Pike & Snowdon was an epic challenge, nothing like I've ever done before... so feeling chuffed... out of the 34 in the group only 16 of us conquered all 3 peak summits. I had to do a lot of talking to myself mentally and physically to keep going".

Completed in 22 hours in horrendous weather conditions and raising well over £1000 for Matthew's Friends - well done to Andy and his wife Jo and a huge THANK YOU!!

#3peaks #justgiving



**VISIT ANDY'S JUSTGIVING PAGE**



## SPACE AVAILABLE!

We have one space available in the Brighton Marathon on Sunday 24th April 2024.

If you'd like to take part and raise funds for Matthew's Friends in our 20th Anniversary year, please email us at [enq@matthewsfriends.org](mailto:enq@matthewsfriends.org)

We look forward to hearing from you!



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## CHRISTMAS STOCKING FILLERS!

Our merchandise is fantastic for Christmas stocking fillers sales add to our fundraising, which in turn provides free starter packs to families starting a ketogenic diet. Order online **[www.matthewsfriends.org/matthews-friends-shop](http://www.matthewsfriends.org/matthews-friends-shop)** by **12th December** for delivery in time for Christmas – subject to postal services allowing:



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## ORDER YOUR CHRISTMAS CARDS IN TIME FOR CHRISTMAS!

Designed exclusively for us by Oxted Artist and Matthew's Friends supporter Melanie Barren. Last date for ordering Tuesday 12th December.

**Packs of 10 cards are priced at £4.50 per pack (plus P&P). UK mainland and Northern Ireland only. All profits going to help us continue with our work.**

**CLICK HERE TO VISIT OUR SHOP AND PURCHASE YOUR CHRISTMAS CARDS! ➡**



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.