KETOGENIC THERAPIES

Ketogenic Dietary Therapies Information • Training • Research • Support

Registered Charity No. 1108016

ONLINE | SPRING NEWSLETTER 2024 | EDITION NO. 24

MATTHEWSFRIENDS.ORG

2004-2024 20 YEARS OF **MATTHEW'S FRIENDS CHARIT**



As a dedicated team we have advocated globally for Ketogenic Therapies as an important treatment option for drug-resistant epilepsy.

We know the difference that Keto can make - over half of children will have greater than 50% seizure reduction and 10-15% will become seizure-free.

Amazing results in children who have often failed multiple anti-seizure medications.

From creating 'real-life' child & familyfriendly keto recipes, to hosting international educational meetings and much more in between. So much has been achieved since 2004.

However, we know that sadly there will be more children to come with uncontrolled seizures; 30% will not respond to anti-seizure medications and more dietetic services are needed along with continued charity support. Adult keto dietetic services are extremely limited in the UK, we want to prioritise more support for adults with debilitating epilepsy within the NHS.

We welcome exciting ongoing research into potential new applications for Ketogenic Therapies; bi-polar disorder, cancer, Alzheimer's, to name a few.

See inside for a glimpse of some of our activities over the years and some yet to come!

Please visit

SPECIAL FEATURES INSIDE:

MEETING REPORTS - PAGE 4





21/22/23 MAY 2024 - PAGE 8



• AS WE ENTER OUR 20TH YEAR - PAGE 14



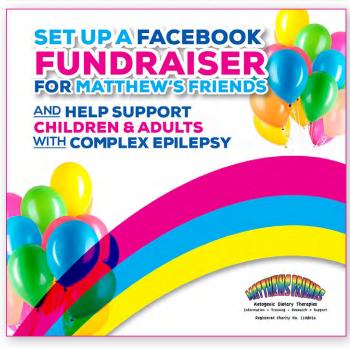
MEDITERRANEAN KETO - PAGE 16



AND MUCH MORE!



www.justgiving.com/matthewsfriends to fundraise or donate. Thank you.





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CONTACT US...

NEWSLETTER ARTICLES:

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FOR KETOCOLLEGE INFORMATION: 10 info@ketocollege.co.uk

- Matthew's Friends, St. Piers Lane, Lingfield, Surrey, RH7 6PW
- **©** 01342 836571
- www.matthewsfriends.org
- www.ketocollege.co.uk







MatthewsFriendsOrg #ketokitchen

CLICK HERE TO HELP FUNDRAISE FOR MATTHEW'S FRIENDS **③**

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.





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.

- History of the diet
- · Side Effects of the diet Different types of diet available
- The need for medical
- Recipe and ingredient
- management

Family Stories

CLICK TO VIEW FILM (9)

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,

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 Ketochefs 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 9

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 for an information pack. www.matthewsfriends.org

PURPLE DAY – 26TH MARCH SHOW YOUR SUPPORT BY WEARING PURPLE



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MATTHEW'S FRIENDS **IS PROUD TO SUPPORT PURPLE DAY!**

Visit the Matthew's Friends shop to buy your purple KetoHero t-shirt and show your support for Purple Day.

CLICK HERE TO VISIT OUR SHOP (3)





You can help us to help people suffering with epilepsy, and their families, by donating here...

VISIT: JUSTGIVING.COM/CAMPAIGN/ **MATTHEWSFRIENDSPURPLEDAY2024** (9)

SUBSCRIBE NOW TO MATTHEW'S FRIENDS YOUTUBE CHANNEL

VISIT MATTHEW'S FRIENDS YOUTUBE CHANNEL FOR LOTS OF HELPFUL VIDEOS AND RESOURCES...

Our animation video features Rhea. who has questions about starting a ketogenic diet for her epilepsy.

SEE THE VIDEO HERE (3)



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British Paediatric Neurology Association (BPNA) Annual Scientific Meeting January 2024



represented, UKRET, GLUT 1 UK, Dravet UK, CDKL5, Lily Foundation (great to catch up) to name a few were situated in the main lecture hall. We were able to listen in to some amazing talks on a wide range of topics. We were also able to share information from our stand with all the delegates, as they passed by, they certainly couldn't miss us!



Professor Helen Cross and Dr Archana Desurkar from the MF medical board both gave excellent presentations, as

Professor Elizabeth Thiele (Famous for her fantastic work in the Low GI KDT (Massachusetts General Hospital) presented on Tuberous Sclerosis medication but was also delighted to get in a plug for KDT!

We were particularly touched by a presentation from a consultant paediatric neurologist from Leeds, Dr Michael Taylor. He highlighted the experiences of families living with difficult to control epilepsy. He shared his personal experience of growing up with a brother with epilepsy and research into the effect on families living with uncontrolled epilepsy. A topic that our MF families know all too well!

CLICK HERE FOR LINK RELATING SPECIFICALLY TO THE EFFECT ON SIBLINGS **→**

The Matthew's Friends stand, along with the other charities We also found a presentation from Dr Alison Tavare very interesting. She was working as a GP but moved to The National Confidential Enquiry into Patient Outcome and Death. Ncepod.org.uk

> NCEPOD work with Public Health England in all areas of health. The area that she focused on in her presentation was of particular interest. Transition!

CLICK HERE FOR NCEPOD - TRANSITION: (2023) (3)

CLICK HERE FOR LINK TO TRANSITION FROM CHILDREN TO ADULTS EPILEPSY SERVICE (3)

Matthew's Friends are hoping that this study and the inclusion in NICE guidance will help in the bid for future growth in transition and adult services for Ketogenic Dietary Therapies!



DRAVET UK PROFESSIONAL **AND FAMILY DAY**

Julie and Teresa attended the Dravet UK 2023 Conference held in London over 17th and 18th November 2023.

Both days were very well attended, our MF stand was particularly busy on the family day, generating a number of enquiries from the families affected by Dravet Syndrome. It was lovely to connect with families already on a Ketogenic Dietary Therapy, together with extended family members, including grandparents who came along to learn more.



PROFESSOR HELEN CROSS OBE

VITAFLO WORKSHOP:

ALTERNATIVE DIETARY MANAGEMENT OF DRUG RESISTANT EPILEPSY

Val attended Vitaflo's workshop in Manchester.



Enhancing Lives Together

It was so lovely to see a group of dietitians all working in Ketogenic dietary therapy (KDT), getting together to discuss their experience of using K.Vita as part of their

The morning session included an overview of the evidence to date. This was followed by the presentation of individual case studies by dietitians. These included use of K.Vita for many complex epilepsy syndromes, as an add on to KDT, or stand-alone treatment, for both oral and tube fed patients.

There was a discussion about the use of K.Vita alongside 'normal' diet. The general feeling was that the children did better on K.Vita alone, (even in a child with GLUT 1) rather than those using K.Vita in addition to KDT.

The question of whether patients on K.Vita alone needed dietetic support was discussed. After initiation of K.Vita alongside 'normal' diet, one centre reported that once established, their patients were transferred back to their neurology team to monitor progress.

Opinions were mixed around using MCT oil alongside K.Vita. Some centres use both together. With K.Vita being a fine balance between C8 and C10 content, it likely needs further investigation.





It's early days and there is so much to learn, but such an interesting option and now available on prescription! For more information about K.Vita please see the link below.

CLICK K.VITA | NESTLÉ HEALTH SCIENCE (NESTLEHEALTHSCIENCE.CO.UK) (3)

Join our facebook forum Facebook Forum Family Access - Matthews Friends and watch out for our guest speaker on Monday March 25th at 8 PM. Specialist Ketogenic Dietitian Agnes Szmurlo from Great Ormond Street presenting on her experience of using K.Vita.

JOIN OUR FACEBOOK FORUM FAMILY ACCESS (3)

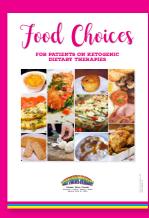
UPDATED RESOURCES

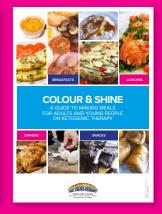
Our Food Choices and Colour & Shine booklets have both been refreshed and updated (September 2023).

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 recipes. 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 All our printed materials are available free of charge.

CLICK HERE TO DONATE TO MATTHEW'S FRIENDS IN SUPPORT OF THESE AND FUTURE MATERIALS (3) 6 | ONLINE | KETOGENIC THERAPIES SPRING NEWSLETTER 2023

FREYA FOUNDATION FAMILY DAY



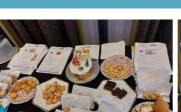
Julie, Mo and Val were delighted to attend the Freya Foundation family day held at Chessington World of Adventure in early November.

Julie gave a brief presentation, and we met some lovely families! Mo made some tasty Keto treats, particularly enjoyed by Tom.

The professionals reported that they are working towards National guidelines for treatment and care and shared very exciting news of the start of promising research for gene therapy treatment.

We were very interested to hear from the team from Great Ormond Street led by Professor Shamima Rahman, of their ongoing study, (please see below) recruiting now.

VISIT: NATURAL HISTORY STUDY OF PYRUVATE DEHYDROGENASE DEFICIENCY - HEALTH RESEARCH AUTHORITY (HRA.NHS.UK) →









VISIT: FREYA FOUNDATION WEBSITE (A)

ADVERTISEMENTS



CONGRATULATIONS TO PROFESSOR HELEN CROSS OBE

Following the recent 8th Global Symposium held in San Diego, Professor Cross, Chair of our Medical Board, assumes the position of Chair of the Executive Committee of the International Neurological Ketogenic Society (INKS). To find out more about the professional society, please visit www.neuroketo.org



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REGISTER EARLY-BIRD

THE 2ND KETOCOLLEGE ADVANCE EVENT

21, 22 & 23 MAY 2024

CROWNE PLAZA FELBRIDGE HOTEL • EAST GRINSTEAD • WEST SUSSEX • UK

AN IN-PERSON ADVANCED PROGRAMME OF LEARNING FOR **HEALTH PROFESSIONALS WORKING IN KETOGENIC THERAPIES**

EXPERT MENTORS 2 OR 3 DAY ATTENDANCE OPTIONS NETWORKING INTERACTIVE SESSIONS

INTERESTING CASE STUDIES | APPLY FOR A BURSARY

CPD PENDING

ADVANCE PLUS 3RD DAY

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45 MINS BYTRAIN FROM LONDON • 20 MINS DRIVE FROM LONDON GATWICK • PLACES ARE LIMITED

CONFIRMED MENTORS 2024



















PROF JOERG KLEPPER



OR, MACKENZIE CERVENKA























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 12th Feb 2024	Dr Archana Desurkar, Sheffield Childrens on Bone health/Growth*
Tues 20th Feb 2024	Zoe Simpson RD, GOSH, on monitoring on KDT
Mon 26th Feb 2024	Glut1 Deficiency UK - Glut1DS
Mon 25th Mar 2024	GOSH Specialist Keto Dietitian Agnes Szmurlo on her experience of using K.Vita
TBC	Emma Cameron RD – Weaning Ketogenic Diet
TBC	Lisa O'Brien ESN- Weaning medications

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



*INTERESTING PRESENTATION

12TH FEBRUARY - DR DESURKAR

Dr Desurkar's presentation was incredibly interesting, focussing on bone health on KDT, responding to questions from families in our forum. The recording of this session is now available to view in the forum, for Members only.

NUTRICIA GLOBAL KETO

Nutricia Global Keto



MENTORSHIP PROGRAMME

Day 1 saw experienced keto dietitians from UK and Ireland sharing their experience of starting people on Ketogenic Dietary Therapies, with delegates in attendance from all over Europe. They covered calculating the diets, supplementation, managing illness and other aspects like adherence to KDT and meal planning. Val shared MF charity booklets with the delegates and made them aware of available resources and the opportunities to translate our materials, in addition to those we already provide.



Day 2 was held in the Dublin Cookery school. This was an amazing venue for Chef Derek to immerse the delegates in his passion for making delicious keto food as simply as possible. He focussed on base recipes that could be adjusted very slightly to make something different. (See Derek's videos in the family Facebook support forum!) Of course, it all looked amazing!



Chef Derek with Val in action

The day was very interactive with Val chipping in, sharing experiences alongside. Everyone had a go at cooking and calculating meals. It was a very practical day, showing what can be done. It gave delegates an insight into the hard work that families put in everyday on Keto too.





ALEXANDER 'ALBERT' FORBES 1986-2016

Matthew's Friends was founded in 2004 to help people suffering with 'intractable' epilepsy (epilepsy that is not controlled by anti-seizure medications) by introducing them to a medically managed ketogenic diet.

Since then, Matthew's Friends have helped many people, mainly children, who have seen a massive decrease in their seizures and in some cases, a halt in their seizures completely, and we hope to continue doing so. This cannot be done without the help of our amazing supporters who fund raise and donate to the charity.

One such supporter is Cathy Forbes Warwick. Cathy's son, Albert was a healthy boy up to the age of 15 when, in Cathy's words from Albert's eulogy, that Cathy has very kindly allowed

"...on a school trip to Paris during which his classmates also fell ill, Albert developed the rare complication of a life-threatening brain abscess. Brain abscess has a high mortality rate, and post abscess epilepsy, from which Albert suffered for the last thirteen years of his life, is notoriously difficult to treat. For Albert, like thousands of others afflicted with drug-resistant seizures symptomatic of Acquired Brain Injuries, it was a case of 'The Drugs Don't Work, they just make you worse'....

In the ensuing years Cathy and Albert found Matthew's Friends and Ketogenic Dietary Therapy.

.... 'Ketogenic Dietary Therapy, which Albert received from Matthew's Friends..... although not a complete cure, replacing harmful and ineffective prescription with Ketogenic Dietary Therapy reduced the frequency of Albert's seizures by 90 percent, and he was off all medication for the last three years of his life. Albert remained deeply grateful for the enhanced quality of life and sense of empowerment he got from working with Matthew's Friends'

Tragically Albert passed away from double broncho-pneumonia in September 2016 aged just 30. Cathy generously mentioned us in her eulogy for Albert and donations from his friends and family that we received because of this were, of course, put towards helping more people suffering from intractable epilepsy.

It seems fitting that in this our 20th year, Matthew's Friends pays tribute to Albert, such a talented, humorous, and brave young man and others like him who suffer such afflictions throughout their lives and face them with such bravery.

We at Matthew's Friends are extremely glad that we were able to help Albert in his determination to live a normal independent life and thank his mum, Cathy, for generously allowing us to feature Albert's story here.





ALEXANDER JULIAN (ALBERT) FORBES 25TH JUNE 1986 – 25TH SEPTEMBER 2016 REMEMBERED WITH LOVE.



With Vitaflo, you have many options when it comes to managing your diet.

So if you'd like to find out more about the full Keto range of products from Vitaflo, our resources and recipes, and the Connected Care App, visit www.myketogenicdiet.com and/or speak with your health care professional.



And don't forget that all Vitaflo products are to Your available for free delivery via our Vitaflo to You service!



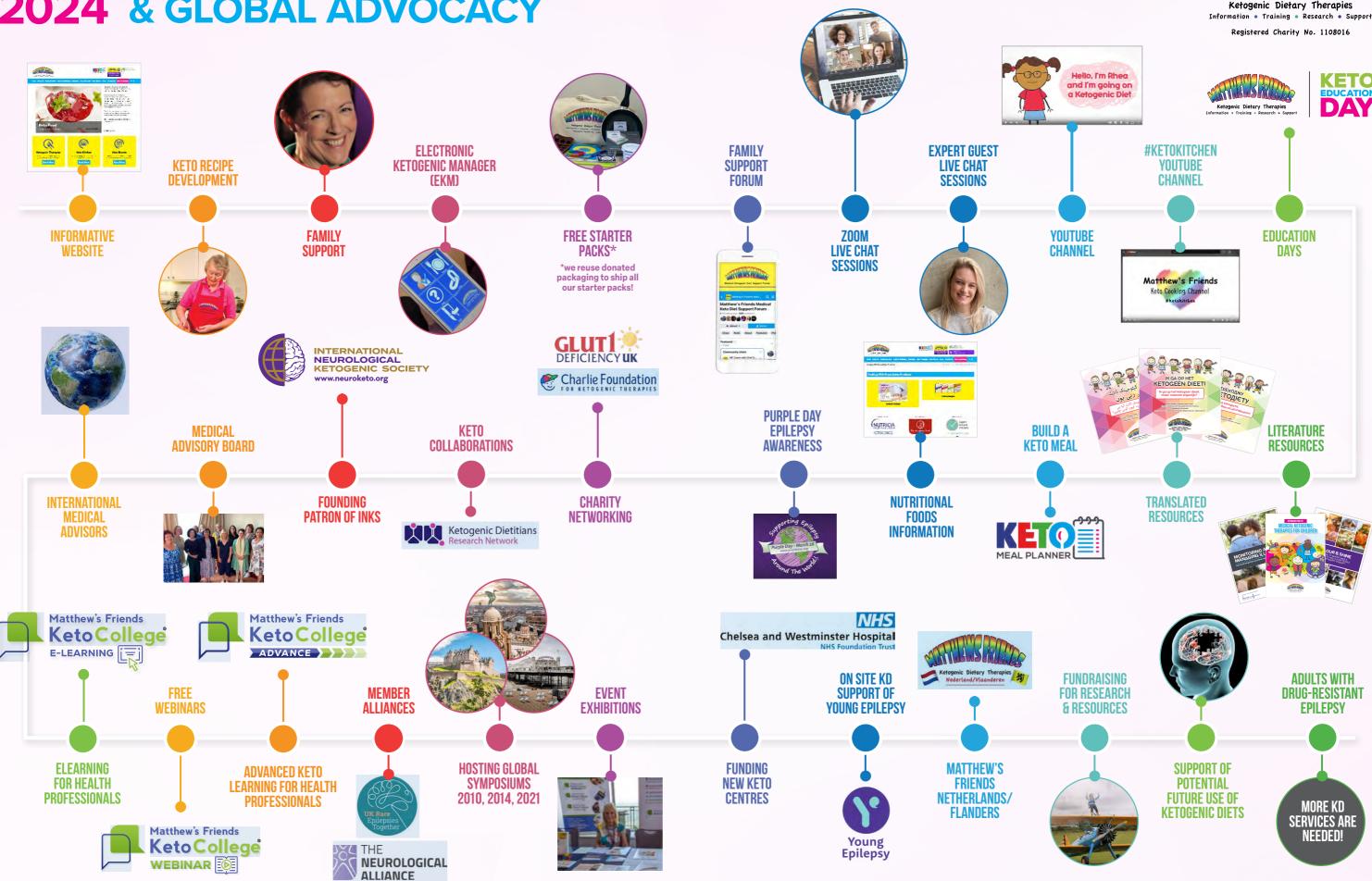
K.Flo, K.Yo, K.Quik, MCTprocal, Fruitivits and K.Vita are Foods for Special Medical Purposes and must be used under medical supervision.

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2004 20 YEARS OF SUPPORT 2024 & GLOBAL ADVOCACY



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Why Mediterranean Keto?

There is a great deal in the media advocating mediterranean diets for health and longevity, there is also the science to back up their claims.

LINK TO MEDITERRANEAN DIET 101 **→**

LINK TO MEDITERRANEAN DIET AND HEALTH (3)

So much of the food in mediterranean diets lends itself to Ketogenic Dietary Therapy (KDT). It covers a variety of brightly coloured vegetables, enjoys moderate amounts of fish and meat and it is not afraid of fat! It's a match 'made in heaven' and hearing from dietitians in Italy that constipation is not a problem seen in their patients, I wanted to find out more!

I do have some experience of eating low carbohydrate (CHO) meals on holiday in Kefalonia, a tiny village called Katelios. A place where people make you so welcome that you just want to go back again! We managed well, swapping chips/rice/potatoes for beautiful salads and fried courgettes and aubergines. We would not have made medical KDT or even ketosis, especially as when you finish your meal, they are so kind as to bring out gifts, usually little puddings, more wine or liqueurs. I could see though that KDT would certainly be achievable, and if a medical need was explained, the very nature of the Greek people would only be to help!

I wanted to find out from the 'Keto' world in mediterranean countries what they felt was special about Mediterranean Keto?

Professor Bertoli from Milan University, who has done a great deal of research on KDT, advised that the product she could not do without was Extra virgin Olive Oil, (EVOO). This was reiterated by a parent of a child in Italy who was previously under the care of MF Clinics and became seizure free on KDT. He added that the quality of ingredients was also key and mentioned 'Toritto almonds' sourced from the Puglia region and EVOO from the Liguria region as being the best!

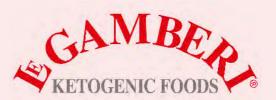
Professor Bertoli highlighted the range of 'good' fats, vegetables, fish and Keto friendly pasta (available in Italy on prescription!) She equates the absence of constipation to her patients having a high fibre intake, in line with the recommended amounts for the general population.

Our keto parent from Italy kindly sent over his son's favourite recipes whilst he was on KDT, from the blog that he created to help other families.

His advice to families was to 'Never give up'.







Foods for Special Medical Purposes (AFMS) - approved by the Italian Ministry of Health

by

LE GAMBERI FOODS S.R.L.

on behalf LE GAMBERI Keto Plus

Le Gamberi Keto Plus, Ketogenic Foods for **Special Medical Purposes** developed for the dietary management of children suffering from epilepsy resistant to drug therapy - Glut1 - Congenital Metabolic Diseases (MMC) -showing pathological conditions related to the need to apply the ketogenic diet to be carried out under the control of specialist medical teams of reference, offering patients the possibility of choice so as to allow them to comply with the dietary management of choice through the application of the ketogenic diet without giving up traditional eating habits.

website: https://www.legamberiketoplus.it/eng/

contacts: afms@legamberi.it

Pasta Alternatives



You can make your own vegetable pasta! Use a spiraliser or peeler. Try courgettes, swede, carrot, radish? Even use runner beans.



Pastas made from palm hearts are also in a variety of types. Again, may not suit everyone texture-wise.

LINK TO PALAMINI LOW CARB LASAGNA 4G OF CARBS (3)





The konjac pastas are available in a wide range! They need rinsing well and for some the texture can be a problem! Please be aware that some brands do contain a little carbohydrate, others are all fibre which does not need to be counted.

This takes on the flavour of the sauce it is cooked in, good for bulking out a meal.

Konjac pastas do not freeze.

Available online, but also in most supermarkets and Holland & Barratt.

LINK TO EAT WATER SLIM PASTA FETTUCCINE ZERO CARBOHYDRATE 5 PACK →



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Pasta Alternatives



Bean pastas, lowish in carbohydrate, high in protein (so maybe not great for all, good for veggie/vegan) High in fibre. Unlike wheat pasta, better cooked well, rather than al dente.

11.3g carbohydrate per 100g

Other varieties in this range vary in carbohydrate content. Available online and from Holland & Barratt.

LINK TO ORGANIC BLACK BEAN SPAGHETTI PASTA ⊙



Spiralised swede. 2.3g carbohydrate per 100g

> LINK TO TESCO **SWOODLES →**



Spiralised butternut. 4.9g carbohydrate per 100g

LINK TO SAINSBURY'S BOODLES ⊝

LOWC LOWCARB

Soy protein pasta, lowish in carbohydrate, high in protein (so maybe not great for all, good for veggie) High in fibre.

14g carbohydrate per 100g

LINK TO CARBZONE LOW CARB PENNE PASTA (-)

MEDITERRANEAN(ISH) KETO IN UK colourful ingredients!

FOLLOWING

Well for a start it was not quite the same in freezing cold weather, but it did bring a bit of sunshine, with all the

I decided to try a week of Mediterranean Keto for myself that will hopefully give a few ideas for very simply put together meals. I know it's not the same as 'full time' KDT, but it helps me remember what it was like when my son Greg was on diet and keeps me in touch with what's available.

I made a few adaptions, adding in berries, mayonnaise and of course tea!

Shopping

Extra virgin Olive oil – My husband, Rich, found 1L Spanish was on special. £8. (reduced from £10) in Waitrose.

I always believed that the extra virgin olive oil changed if heated and was only for salads etc, not for cooking with, but it would seem its fine, in fact, one of the best. Perhaps cost is more likely why it's often kept for dressings only?!

LINK FOR GREAT BRITISH CHEFS - COOKING WITH EXTRA VIRGIN OLIVE OIL **→**

Morrison's 'big' shop for everything else. Including stocking up on dried herbs!

LINK FOR HERBS, SPICES AND SEASONINGS (9)

I also found quite a decent wedge of hard sheep's cheese in the fridge from Christmas! (I thought we had eaten it all!) Perfect!



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Preparation

I added flax into Mo's bread recipe, swapping 30g of the ground almonds with flax and a pinch of mixed herbs to give it a mediterranean flavour. I also squashed the dough before baking, to make flatbreads. Each roll contained 14g Fat, 7.5g protein and 1.5q CHO.

LINK FOR MATTHEW'S FRIENDS BREAD ROLLS (9)

I also planned to drink plenty of water, (that's not so easy either in the cold!) I used my drinks bottle and aimed to fill it twice daily, 2L) It may not always work, but may encourage me to drink more. I usually avoid dairy. I probably should not have used Greek yoghurt, but oh, it is so delicious!

The aim was 5g CHO or less in meals, 'normal' protein, and very liberal fat. I started a daily multivitamin/mineral tablet, Centrum 50+ as I was a bit concerned about my bone health. I usually include Alpro Soya light milk which contains the minerals included for my diet, but I was only having small amounts in my tea.

Bread Alternatives

Sainsbury's Hi-Lo seeded

wholemeal bread

5g CHO per slice

LINK TO HI-LO SEEDED

WHOLEMEAL BREAD →



Waitrose Liv Life bread 3.4g CHO per slice

LINK TO LIV LIFE SUPER SEEDED BREAD →



Online at Amazon Heylo - 0.3g CHO per 30g slice

> LINK TO HEYLO SEEDED KETO BREAD →



Online at Carbzone Carbzone - 3g CHO per slice

LINK TO CARBZONE BREAD (9)



SRSLY SRSLY GRSLY

Online at Amazon

SRSLY Low Carb

0.7g CHO per slice

LINK TO SRSLY LOW CARB

Holland & Barrett Keto Bread Original flax 3g CHO per 25g slice

> LINK TO CHIA FLAX KETO BREAD (→)





MEDITERRANEAN KDT WEEK FOOD DIARY

Day	Breakfast	Snack	Lunch	Snack	Tea	Drinks
SUNDAY	 Avocado 25g Greek yoghurt 60g Olive oil 10g Strawberries 25g Walnuts 14g ½ x Mo's roll 	• Olives 50g	 Mo's roll x1 Hard Sheep cheese 31g Olive oil 20g Vinegar Dried Italian herbs Tomato 64g Cucumber 70g 	• Pistachios 25g	• Lamb leg steak with fat on • Aubergine 45g • Courgette 56g • Tomato 32g • Red onion 13g • Yellow pepper 22g • Olive oil 25g • ½ x Mo's roll • Mayonnaise 8g	• Tea x 4 • Mint tea x 2 • Water 2.2 litre
MONDAY	 Avocado 25g Greek yoghurt 60g Olive oil 10g Strawberries 25g Walnuts 14g ½ x Mo's roll 	• Olives 50g	 Tinned Sardines in oil Mo's roll x 1 Olive oil 10g Mayonnaise 13g Strawberries 60g 	Almonds 25g	 Calamari dipped in egg and ground almonds. Spinach 62g Tomato 32g Cucumber 66g Oil 20g Morrisons Tzatziki 42g 	• Tea x 4 • Water 1.7L
TUESDAY	 Mo's roll x 1 Oil 10g Avocado 50g Yoghurt 60g Mayonnaise 10g 		 Hard sheep's cheese, chorizo, Serrano ham Mo's roll x 1 Oil 15g Strawberries 50g 	• Walnuts 25g	 Lamb meatballs Spinach 62g Red pepper 46g Mushrooms 80g Fennel 5g Oil 20g Mayonnaise 13g Raspberries 40g 	• Tea x 4 • Water 1L
WEDNESDAY	Mo's roll x 1Oil 10gAvocado 50gYoghurt 60g		 Tinned Sardines in oil Mo's roll x 1 Olive oil 15g Olives 30g Sainsburys Tzatziki 50g 	• Pistachios 25g	Cucina's SPIEDINI DI PESCE	Tea x 4Mint tea x 2Water 2LRed wine 375mls
THURSDAY	 Avocado 25g Greek yoghurt 60g Olive oil 10g Strawberries 25g Walnuts 14g ½ x Mo's roll 	• Almonds 25g	 Hard sheep's cheese, chorizo, Serrano ham Mo's roll x 1 Oil 20g Raspberries 50g 	• Olives 50g	 Chicken Souvlaki & salad Spinach Courgette Yellow Pepper Tomato Cucumber Oil Mayonnaise 	• Tea x 5 • Water 1.5L
FRIDAY	Mo's roll x 1 Oil 10g Avocado 50g Yoghurt 60g	• Walnuts 25g	 Frittata 2 x eggs Oil 20g Spinach 32g Fennel 5g Mushroom x1 Green pepper 18g Courgette 28g Strong sheep's cheese 5g Mayonnaise 13g Strawberries 56g 		• Halloumi salad • ½ x Mo's roll • Halloumi 75g 1.5g CHO • Serrano ham • Spinach 32g • Yellow pepper 22g • Tomato 32g • Oil 15g • Mayonnaise 20g	• Tea x 5 • 1 x Mint tea • Water 2L
SATURDAY	• Avocado 25g • Greek yoghurt 60g • Olive oil 10g • Raspberries 30g • Walnuts 14g • ½ x Mo's roll	• Pistachios 25g	Greek Salad Waitrose	• Olives 50g	 Pizza Mo's roll x2 Gia tomato paste/ mixed herbs Tin tomato 52g Green pepper 18g Mushrooms Chorizo Ham Sheep's cheese grated Oil 15g Mayonnaise 10g 	 Tea x 3 Mint tea x 3 Water 1L 1 x glass of red wine

HOW DID IT GO?

Day 1

Breakfast - 10mls of oil, with black pepper and vinegar was a lot for 25g avocado, so I added half of a flatbread roll to mop it up, yum!

The yoghurt was separate with the strawberries & walnuts. I initially included 25g walnuts, but that was quite a lot, I also needed to reduce the CHO slightly, so it worked well reducing to 14g.

Tea - I put all the veg in a small Pyrex with the oil, herbs and black pepper. I should have used less oil, as I forgot how much I enjoy mayonnaise with roasted veggies and so added the mayo anyway. Oh, then I needed to have half a keto bread portion to mop up the oil. The lamb steak had plenty of fat too. Definitely no problem getting the fat in!



Day 2

Lunch – I split the flatbread in half, toasted one side, turned, topped with the sardines, oil drizzled over, grilled. Served with mayonnaise. Followed by the strawberries.

Tea - squid pieces, dipped in egg then ground almonds (don't need much or it goes 'clumpy', allowed for 0.5g CHO) Cooked in an air fryer 17 mins. Served with salad dressing of oil, lemon juice, herbs and tzatziki, ½ of a Mo roll to mop up.



Day 3

Breakfast – I split the flatbread in half, toasted one side, turned, spread with avocado mixed with oil, vinegar and black pepper. Yum.

Office day. Working and forgot my AM snack, usually I am looking for my lunch early

PM – ate both snacks!

Tea - Thanks Rich for lamb meatballs with cumin and thyme (egg to bind) with mediterranean veg - delicious! Fried to brown and finished in the oven, approx. 15 mins.



Day 4

Didn't feel like AM snack and know I am eating out tonight at an Italian restaurant!

Eating out – at Cucina's Italian restaurant in Oxted

SPIEDINI DI PESCE Grilled seafood skewers of seabass, salmon, tiger prawns, onions, cherry tomatoes, peppers and courgettes. Served with mixed salad and Salsa Verde

A few shared olives to start. I swapped the Salsa Verde for mayonnaise. The skewers were mainly the fish, so not so much veg, perfect, ate the leaves from the salad with an oil dressing.

A lovely meal!

Day 5

In the office

Tea – Chicken Souvlaki was very tasty. Marinated in olive oil and thyme, grilled.



Day 6

Tea – Halloumi fried in oil with thyme, it was delicious.

Day 7

Went over to Mum's on the train, so took snacks and drank

Lunch - I brought a Greek salad at Waitrose on the way. It contained 8g CHO, likely half in the dressing. I took out a couple of the tomatoes and added mayonnaise.

Tea – Arrived home around 6.30. I was so pleased that I made more of Mo's bread the day before, using the amount for 2 rolls in dough, to squash out a pizza base. So, a quick tea. I fried the base in oil with peppers and mushrooms, turned, then added toppings with mixed herbs, Sheep's cheese grated on top, mayo on side.

With the amount of fat in the base, plus the mayonnaise. I could have grilled the pizza, even easier!

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I used the ingredients brought for the week, so I know there is repetition, but less waste!

I was never hungry; in fact, I probably would have been fine with just the 3 meals and no snacks. It felt a bit like I was always eating. Thank goodness for the very simple snacks available that make for less cooking! Great for when you are out and about! Available in supermarkets and online.

I really enjoyed the EVOO, particularly for dunking Mo's bread. Mo's bread is so easy to make, and it also adds a good amount of fat, which a lot of the over-the-counter keto breads don't, and they are expensive! (Glad they are out there though)!

There were many mediterranean meals missing, especially pasta! Hopefully the list of alternative pastas and breads will be helpful! I hope I introduced a bit of Spanish influence in the meals too.

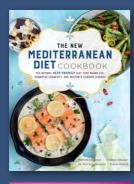
I do feel brighter! Urine ketones were moderate/large and my tummy feels 'calm'. Sadly, though I did need the Movicol to avoid constipation. Maybe I should have avoided the Greek yoghurt, I know dairy products are a problem for me! Despite this I suspect my microbiome is dancing!



USEFUL BOOKS AVAILABLE FROM AMAZON

There is so much information about mediterranean diets online, and books which claim to be keto, as always at best this often means low CHO for weight loss. Some are very useful and easily adapted to medical keto

We need a book with some winter mediterranean recipes! There are a few and much more inspiration in these fantastic books featured here.







VIEW ON AMAZON **→**

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"IST NATIONAL SYMPOSIUM ON KETOGENIC THERAPIES"

Sala Imperiale - Royal Hotel Carlton Via Montebello, 8 - 40121 Bologna 23 marzo 2024

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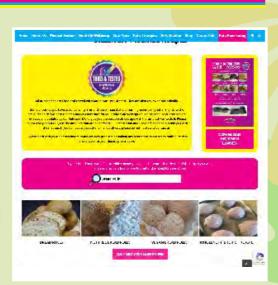


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FROM OUR KETOKITCHEN

Mo has been busy in the keto-kitchen, creating some delicious dishes to complement our 'Mediterranean Keto' article in this issue.

Mo's Bread Rolls shown in the photos feature in the Keto Recipes, Classical section on our website – just search 'Bread Rolls'!





TOMATO AND FETA SALAD

INGREDIENTS

- 50g Cherry tomatoes
- 50g Greek feta cheese -MORRISONS
- 30g Green olives in brine (drained)
- 15g Olive oil

METHOD

- Halve the tomatoes and olives.
- Cut the feta into even sized pieces.
- Mix the olive oil with the herbs.

- 25g Keto bread with psyllium You will also need a good pinch of dried herbs.
- Reserve the bread you will need to make some from the bread roll recipe which is on the website.
- Mix everything together and keep in the fridge until needed, it will keep for up to 3 days.
- Serve with the bread to mop up the oil.

MO'S TIP

You could add a little GIA garlic paste for extra flavour. If you have a favourite low carb bread, then all you have to do is adjust the value in the recipe.



FAT: 35.78G

KCAL: 382

VISIT MATTHEW'S FRIENDS

CHO: 4.04G

PROTEIN: 11.00G

#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

STUFFED PEPPERS

INGREDIENTS

- 20g Cauliflower
- 30g Courgette
- 8g Onions
- 12g Cherry tomatoes
- 2g Almonds MORRISONS TOASTED FLAKED
- 20g Olive oil

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- · Grate the cauliflower then weigh it.
- · Zest the orange then weigh it.
- Slice the onion thinly and chop the courgette, cut the tomatoes into quarters.
- Gently fry the onion and courgette in oil for 2 minutes, then add the

- 1g Coriander leaves
- 18g Greek feta cheese -MORRISONS
- 60g Red capsicum pepper
- You will also need some seasoning, 2g GIA garlic paste, 1g orange zest and a pinch of dried cumin.

cauliflower, garlic paste, chopped coriander, tomatoes, almonds and orange zest.

- Fry for one minute.
- Place into the pepper, add the pieces of feta on top and place in oven for approximately 20 minutes, until the cheese has softened and started to colour.



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MKD 5.78G CHO TOTAL CHO: 5.78G FAT:

CHO: 5.78G FAT: 25.69G PROTEIN: 4.82G KCAL: 274

MO'S TIP You can redu

You can reduce the carb content by 1g if you use a GREEN capsicum pepper.

MEDITTERANEAN ROASTED VEGETABLES

INGREDIENTS

- 50g Aubergine
- 25g Butternut squash
- 30g Courgette
- 10g Red capsicum pepper
- 5g Spring onions
- 5g Wholegrain mustard

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- Make a dressing by mixing the mustard with the finely chopped spring onion, garlic paste and 10g of the olive oil. Set aside.
- Cut the vegetables into even sized pieces and toss in the remaining olive oil with a little salt and black pepper.

- 25g Olive oil
- 25g Keto bread with Psyllium
- You will also need some dried herbs, GIA garlic paste and some seasoning. You will need to make some Keto bread using the bread roll recipe which is on the website.
- Place in a small roasting pan and cook in the oven for approximately 20 minutes until the vege is tender, how long will depend on the size of the pieces.
- Serve tossed in the dressing with the bread to mop up the juices and oil.



CLASSICAL 3.07:1 RATIO
CHO: 5.62G FAT: 31.58G
PROTEIN: 4.66G KCAL: 325

MO'S TIP

If you have a favourite low carb bread, then all you need to do is adjust the values in the recipe.

PLEASE ENGLIDE VOLLCHECK PRODUCT LABELS FOR VALUE

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PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

FISHCAKE WITH TOMATO SAUCE

INGREDIENTS

- 12g Mature cheddar cheese
- 4g Garlic paste -GIA
- 14g Ground almonds
- 4g Mayonnaise HELLMANN'S
- 25g Tuna in oil (drained)

METHOD

- · Reserve 6g of ground almonds, 4g olive oil and 3g of the basil leaves.
- Boil the cauliflower until just soft enough to mash with a fork, drain
- Add the grated cheese, tuna, 2g of GIA garlic paste, mayonnaise, 2g basil, 8g of ground almonds and a little seasoning.
- Mix well forming a ball, then put in the fridge for approximately 30 minutes to firm up (you can skip this if you are in a hurry!).

- 5q Basil
- 50g Canned tomatoes -NAPOLINA CHOPPED
- 35g Cauliflower
- 12g Olive oil
- · You will also need salt and pepper.

· Shape into a flat cake and coat in

• Heat the 8g of oil and fry the fishcake until browned on both sides, making sure it heats right

the reserved ground almonds.

 Remove the fishcake then add the chopped tomatoes to the pan with a little black pepper and the remaining Gia garlic paste and the reserved 4g of olive oil. Cook til heated through then add the chopped basil leaves into the sauce and serve with the fishcake.

MKD 4.57G CHO TOTAL CHO: 4.57G **FAT: 31.16G PROTEIN: 14.42G** KCAL: 356

MO'S TIP

You can use any oil of your choice. You can also use any fish, but the values will change.

FRUITY LEMON POT

INGREDIENTS

- 63g Mascarpone MORRISONS
- 12g Blueberries
- 12g Raspberries

METHOD

- First grate the lemon peel VERY
- Weigh the juice and stir in the
- 1g Lemon peel
- 5g Lemon juice
- 12g Double cream

Mix together the mascarpone, lemon and cream, stir until thick.

· Layer in a serving pot with the chopped fruit.

MO'S TIP



FAT: 31.50G CHO: 4.94G PROTEIN: 3.94G KCAL: 319

VISIT MATTHEW'S FRIENDS

#KetoKitchen YouTube channel

FOR KETOGENIC RECIPE DEMONSTRATIONS AND TUTORIALS!

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 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

WE'D LIKE TO THANK THESE FABULOUS FUNDRAISERS!

CHRISTMAS FUND RAISERS

Matthew's Friends Christmas Facebook fundraiser raised £159 – many thanks to all who donated!

Lindley Stores in Godstone, Surrey has long supported Matthew's Friends with a collection pot on their counter. Their latest donation was £34.26 for which we are very grateful. Thank you to all the staff and customers at Lindley Stores, your continued support means the world to us!!



Oxted United Reformed Church held a Christmas Tree Festival in December with the entrance money donated to participating charities of which Matthew's Friends was one. We decorated our tree in Keto style with nuts, sprouts, and avocado baubles. Our share of the proceeds was £32.29. Thanks to all involved!

RUNNING IN THE FAMILY...

This year both our Val's son, Greg, and nephew, Lewis, are taking part in the Brighton Marathon to raise funds for Matthew's Friends.

Both of them have taken part in a run for us in the past with Lewis participating in the Southampton Marathon last April, and Greg completing the London Marathon in 2018, but the cousins have never both been in the same run at the same time!

We are incredibly grateful to both Greg and Lewis for their support – please clink on the links to add yours - many thanks.



VIEW GREG'S JUST GIVING PAGE (-)



VIEW LEWIS'S SPONSOR PAGE ⊝

FUNDRAISING FOR MATTHEW'S FRIENDS

We are so grateful in these difficult times for the kind support and generosity of you all. Please like and follow us on Matthew's Friends and Mematthewsfriends for up to date news on all our events. Please support us and request an MF fundraising pack today from eng@matthewsfriends.org



In July 2016 she undertook a wing walk and then, in 2022, she literally threw herself out of a plane in a sky dive.

Well, this year Shenise is taking to the air again!! This time her arial antics will be in the form of paragliding over the (very high) white chalk cliffs of Beachy Head and she takes part in all of this madness to raise funds for Matthew's Friends!

No definite date has been set for Shenise's flight as yet so watch this space for updates and a link to her fund-raising page in the near future!

Shenise – we salute you!!





THIS YEAR'S OXTED PRAM RACE IS ON SUNDAY 30TH JUNE