



Medical Ketogenic Diet Support Forum

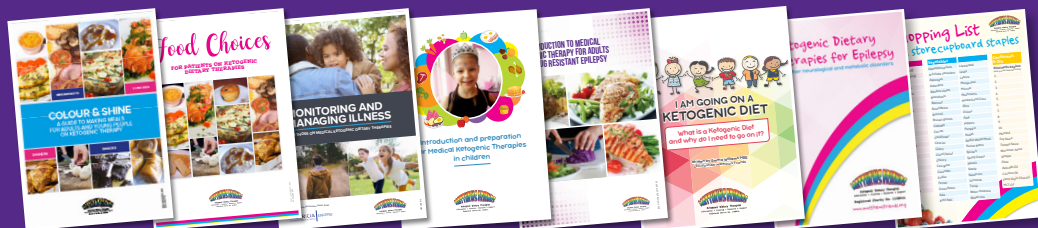


KETOGENIC FAMILY SUPPORT SERVICES

We have a small but dedicated team at Matthew's Friends, with Val Aldridge leading our Ketogenic Family Support services.

Val has a professional background in nursing, clinical experience of over 10 years within our Keto Clinic service era and personal experience of Keto with her own son Greg, who was on an MCT Ketogenic Diet for 5 years. Greg is now off-diet and seizure free.

If you would like to contact Val for support or a Keto-chat, email her at val@matthewsfriends.org or call **01342 836571**. If unavailable, Val will always call you back!



FREE COPIES OF OUR RESOURCES ARE AVAILABLE TO FAMILIES AND PROFESSIONALS

Please email resources@matthewsfriends.org to request a digital or hard copy of any of our brochures.

- **Colour and Shine** - a Guide to making meals for adults and young people on Ketogenic therapy (patients can obtain this booklet via their dietitian).
- **Food Choices** - for patients on Ketogenic Therapies.
- **Monitoring and Managing Illness** - for those on Medical Ketogenic Dietary Therapies.
- **Introduction and preparation for Medical Ketogenic Therapies in Children.**
- **Introduction to Ketogenic Therapy for Adults with Epilepsy.**
- **I Am Going On a Ketogenic Diet** - a social story for children and their families going onto a ketogenic diet.
- **Charity Booklet** - an overview of Matthew's Friends charity and Ketogenic Dietary Therapies.
- **Shopping List and Storecupboard Staples** - never forget your essentials and favourites for your keto cupboards.

www.matthewsfriends.org

Matthew's Friends Registered Charity No. 1108016

