



WRITTEN 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.



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 adaption 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.

 DOWNLOAD Pizza Express PEX Nutritional Menu	 DOWNLOAD Nando's Menu, Allergens and Nutritional Information.	 DOWNLOAD McDonalds McDonald's Nutrition Calculator
 DOWNLOAD KFC Allergens and nutritional Information	 DOWNLOAD Toby Carvery Menu and Allergens and dietary options	 DOWNLOAD Harvester Menu and Allergens and dietary options

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](#) ➡



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!

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 30 and 31, 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'!

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 ➡

FOR CHRISTMAS RECIPES CLICK [HERE](#) AND TYPE 'CHRISTMAS' OR 'FESTIVE' INTO THE SEARCH BOX ➡

Merry Christmas and a happy New Year to all!