

KETOGENIC THERAPIES

ONLINE | AUTUMN NEWSLETTER 2025 | EDITION NO. 30

MATTHEWS FRIENDS
Ketogenic Dietary Therapies
Information • Training • Research • Support
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[MATTHEWSFRIENDS.ORG](https://matthewsfriends.org)



See inside for our special report with highlights from this biannual educational event for Ketogenic Therapy health professionals and families.



International Neurological Ketogenic Society (INKS) Executive Committee, Paris 2025



SPECIAL FEATURES INSIDE:

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- FREE TO WATCH: MANAGING KETO IN A MULTICARER SETTING - PAGE 19



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AND MUCH MORE!

SAVETHEDATE



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THE 4TH KETOCOLLEGE ADVANCE EVENT
12, 13 & 14 MAY 2026
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Matthew's Friends are proud to be founding patrons of the International Neurological Ketogenic Society (INKS) together with our sister organisation in the USA, The Charlie Foundation. This society is bringing Ketogenic experts together from all over the world.



INTERNATIONAL
NEUROLOGICAL
KETOGENIC SOCIETY
www.neuroketo.org

[Medical Ketogenic Diet Support Forum](#)

MATTHEW'S FRIENDS SUPPORTING PATIENTS AND FAMILIES

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 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](#)

ALTERNATIVELY YOU CAN USE THE QR CODE

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



Adults with drug-resistant epilepsy, who have failed TWO or more medications

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Contact Matthew's Friends at enq@matthewsfriends.org for an information pack.
www.matthewsfriends.org



Our Paris Global Keto Symposium Highlights

By Val Aldridge,
Ketogenic Family
Support



The MF team returned from the 9th Global Symposium in Paris with heads bursting full of research, interesting conversations and that wonderful feeling of being part of an ever-expanding keto community, all with the same aim of improving the lives of people with epilepsy.

Julie, Teresa and Val attended many of the presentations, manned our very busy stand and linked up with old friends and new.

The symposium incorporated the 5th European GLUT 1 meeting, this meant we met with lots of lovely families and those running the fantastic GLUT 1 support groups from UK, France, Italy (who have their own GLUT 1 registry) and Germany.

A great opportunity for them to share experiences and resources! We provided goodie bags for the families.

Professor's Helen Cross and Stephane Auvin welcomed over 500 participants from 53 countries across the world to the Symposium!

Our CEO Julie was delighted to once again serve on the Local Organising Committee of this important meeting, contributing to the continuation and success of this symposia series, along with her committee colleagues.



INFLAMMATION

Professor Stephane Auvin and Stanislas Lagarde from France explored how far we have come in recognising how inflammation begets seizures, which cause inflammation, which then becomes a vicious cycle. It seems that although it is understood that KDT reduces inflammation, the reasons why are hypothesised. It certainly raised the question about starting KDT earlier rather than later, to start treatment before seizure patterns/inflammatory pathways become refractory.

GENETICS

Professor Ingrid Scheffer (Queen of genetics!) from Australia, gave insights on how genetics is influencing precision medicine. So, where keto has the greatest chance of impact on seizures it will and should be an early treatment choice!



Joke and Kristel from Matthew's Friends Netherlands/Flanders



Dr Suresh Pujar and Zoe Simpson RD from the GOSH Keto team with Julie and Teresa

Our Paris Global Keto Symposium Highlights continued.

By Val Aldridge, Ketogenic Family Support



MICROBIOTA

Professor Pasquale Striano, paediatric neurologist from Genova and Dr Antonella Riva, a senior research scientist from Milan Italy, spoke about the microbiota/microbiome. Professor Striano described the microbiota as an organism, working like any organ in our body, helping maintain health. Research suggests that the gut microbiome in those with refractory seizures is different.

VIEW MEDICATION-RESISTANT EPILEPSY IS ASSOCIATED WITH A UNIQUE GUT MICROBIOTA SIGNATURE - RIVA - 2025 - EPILEPSIA - WILEY ONLINE LIBRARY [\(↗\)](#)

Much of the KDT's effect on the microbiota is still confusing, it certainly promises much, but with every person having their own unique balance and make up of gut bacteria, how do we know which pro/prebiotic foods/supplements may help?

Food changes are suggested to be made gradually if possible. Of course, this is not always possible in cases that are urgent starters with a high seizure burden or GLUT1 DS where the switch to KDT needs to be quick to avoid an energy crisis. Perhaps for those waiting to start KDT this could be a time to start making dietary changes to gradually include prebiotics, many of which are keto friendly, like avocado, flaxseed, konjac root, chicory root. The key is to introduce these foods slowly in small amounts to avoid gastric upset!

So, we know KDT changes the gut microbiota, alongside, Dr Riva advised that pre/probiotic supplements may still be useful, particularly where gastric symptoms like constipation are a problem. She suggested that seeing the effect of supplementation on the gut microbiome takes around 3 months. If improvement is seen, it may be that balance is restored, and supplementation is no longer needed. If no improvement is seen after 3 months, it may be worth trying a different type/strain.

Following antibiotic treatment, it can take 3-6 months for the gut microbiota to regain balance.



GLUT 1 DEFICIENCY SYNDROME

It was great to meet up with all the GLUT 1 families! A morning of GLUT 1 with Prof Joerg Klepper (Germany), Prof Michel Willemse (Netherlands) and Prof Valentina De Giorgis (Italy) laying out how far the knowledge, management and outcomes have come in the use of KDT for GLUT 1 DS!

No longer as rare as was once supposed, with 1: 25,000 people effected and although KDT works very well in most and remains the first-line recommended treatment for GLUT 1, it is not effective for all.

Challenges/changes around puberty and adherence to diet were the standout issues along with the understanding that the earlier diagnosis is made and KDT started, the better the outcomes in the long term.

Newborn screening is coming and certainly GLUT 1 is one of the conditions included in The Generation study.

VIEW NHS ENGLAND » FIRST NEWBORN BABIES TESTED FOR OVER 200 GENETIC CONDITIONS AS WORLD-LEADING STUDY BEGINS IN NHS HOSPITALS [\(↗\)](#)

Evidence remains weak around using KDT in elderly patients with GLUT 1 and during pregnancy generally.

WEANING KDT

Noemie Donnard presented on her international survey on withdrawing KDT for epilepsy. Noemie felt that weaning KDT should be considered a critical step in treatment, with a high need to look back with prospective studies aimed at highlighting the risks of relapse in the months/years after weaning off KDT. For families it is certainly a very scary time!

There was also discussion on weaning adults on KDT off diet after 2-3 years if long term side effects on bone health, kidney stones, lipid profile were extreme. As always it would be a balanced decision re pros and cons of remaining on diet.



Our Paris Global Keto Symposium Highlights continued.

By Val Aldridge, Ketogenic Family Support



WEANING ANTI-SEIZURE MEDICATION (ASM)

Paediatric neurologist Prof Christina Bergqvist from Children's Hospital of Philadelphia gave a great presentation with stats around weaning of ASM's on KDT.

- 70% of patients are able to reduce ASM's.
- 20 -30% may be able to wean all ASM's – more severe cases will need to remain on ASM's alongside KDT.
- Always wean ASM's one at a time and slowly (or risk 'fall out' seizures).
- With a greater than 90% seizure reduction in seizures, weaning meds could be started only 1 month from starting KDT.
- More likely wait until 3 months after starting KDT.
- Complete seizure freedom is not required to start weaning ASM's.
- ASM's are often used for other conditions, so be aware.
- Always be wary of additives to ASM's that end in 'ol', they likely contain carbohydrate.
- Check with hospital pharmacy or MF ASM carbohydrate content lists

VIEW CARBOHYDRATE CONTENT OF MEDICATIONS - MATTHEWS FRIENDS [↗](#)

- Diet fine tuning may be required in between reductions if energy levels change.
- Always have a plan!

Although there is some evidence that lamotrigine and sodium valproate may interact with KDT and carbonic anhydrase inhibitors like acetazolamide and topiramate may enhance acidity, adding to the risk of developing kidney stones. So weaning pre commencing KDT may be considered, however, most times these meds are not seen to cause problems and may work well alongside KDT.



KDT IN DAILY PRACTICE

Magnhild Kverneland RD from The National Centre for Epilepsy in Norway gave us some insight into how countries have adapted KDT to their cultures and resources.

Some examples she gave were of Egypt where there is often no labelling on foods, so a more liberal Low Glycaemic Index treatment has been adopted. In India simplified cup measurements are often used and they have developed their own keto formula made with local ingredients to cut costs. In the UK the KDRN developed Build A Keto meal with pictures of foods, illustrating portion sizes for those lacking in numerical skills. My Ketoplanner is also great for teaching families about portion sizes when they start their keto journey.

Magnhild was also the winner of the MF Best Poster Prize, highlighting the need for careful dietary monitoring and supplementation for adults following KDT. Prof Bergqvist also mentioned monitoring potassium levels in children as despite supplementation, intake was often low. In discussion Lo Salt was sometimes used and those taking potassium citrate to reduce risk of kidney stones would be covered. Potassium is not something that should be added without guidance from your keto team!



Our Paris Global Keto Symposium Highlights continued.

By Val Aldridge, Ketogenic Family Support



MATTHEW'S FRIENDS BEST POSTER PRIZE

From the short-listed posters by the Scientific Organising Committee, Matthew's Friends selected 'Insufficient intake of certain micro-nutrients in adults with drug resistant epilepsy treated with modified Atkins diet' as the recipient of the Best Poster Prize.

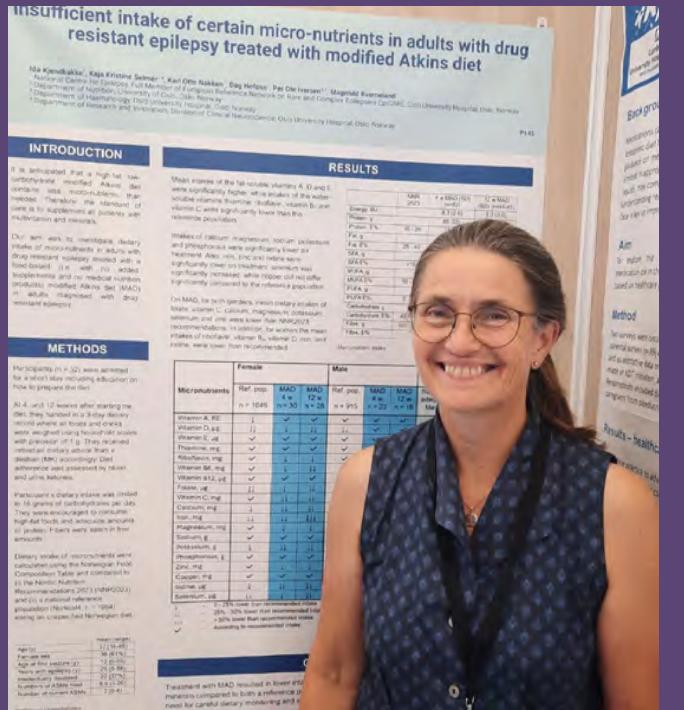


As senior author, Magnhild Kverneland's centre will receive 500 euros to support their Ketogenic Diet future work. She was delighted and 'overwhelmed' to receive this award and commented:

“Micronutrient supplementation has long been considered necessary for patients following the Modified Atkins Diet (MAD), although data to support this assumption has been limited. This study, based on dietary records from 52 patients at two distinct time points, highlights the importance of thorough dietary monitoring and appropriate supplementation during treatment with MAD.

KDRN MEETING

The Ketogenic Dietitians Research Network met during the global symposium. It was great to see the room was jam packed! I think the membership will have grown substantially this week. All good for sharing practice and expanding research projects!



I would like to acknowledge my co-authors and in particular Registered Dietitian Ida Kjendbakke, who conducted the dietary analyses under my supervision as part of her Master's Thesis at the University of Bergen. The project has received economic support from the Foundation Dam, the Norwegian Epilepsy Foundation's Research Fund, South Eastern Norway Regional Health Authority, the Throne Holst Foundation and Oslo University Hospital Research.“

Magnhild Kverneland, Registered Dietitian PhD
National Centre for Epilepsy, Oslo University Hospital

It was also great to see many of our UK and Irish dietitians with posters, presenting their work and chairing sessions. Zoe Simpson and Dr Natasha Schoeler from Great Ormond Street, Victoria Whiteley from Royal Manchester Children's Hospital. Dr Laura Healy representing adults from St James's Hospital Dublin and Dr Jen Carroll RD who runs a private online keto dietitian service.

The MF Medical Advisory Board were very much involved, Professor Cross was integral, being Chair of the Executive Committee of the International Ketogenic Society (INKS). Hopefully our support forum members will have caught her symposium update on 29th September! If not, members can watch the recording on our forum.

**JOIN THE FORUM HERE - FACEBOOK FORUM FAMILY
ACCESS, MATTHEWS FRIENDS →**

Our Paris Global Keto Symposium Highlights continued.

By Val Aldridge, Ketogenic Family Support

Dr Anita Devlin paediatric neurologist and Chair-extraordinaire from the Great North Children's Hospital, Newcastle presented on KDT in the emergency setting and critical care. Dr Sally Willis, psychologist, also from the Newcastle team presented on Psychology, best practice. Sally is booked on the forum chat 14th October to discuss challenging behaviour and KDT! Professor Robin Williams from Royal Holloway updated us with the science behind metabolism and KDT.



THE JOHN FREEMAN AND MILICENT KELLY AWARDS

A big highlight for the MF team was our delight in seeing the winners of The John Freeman and Millicent Kelly Awards. Both recipients well deserved and well loved!

Professor Joerg Klepper received the John Freeman award. Inspired by Professor DeVivo who discovered GLUT1, the lovely Professor Klepper has been instrumental in furthering research and knowledge and bringing the GLUT1 community together. He is always happy to share his expertise and has been a KetoCollege superstar these past 10 years!



Dr Elizabeth Neal RD received the Millicent Kelly dietitian's award.

The first PhD RD of Keto and the trial dietitian of the first randomised controlled trial proving the efficacy of Keto for epilepsy.

Supporting patients and families, including Matthew and Val's Greg during the trial, onto working with us in MF Clinics for 10 years, as well as a key contributor to MF KetoCollege from inception, continuing to be a valued Mentor today!



In recent years she returned to the Institute of Child Health to work with Dr Natasha Schoeler RD on KetoStart research and the upcoming Keto Registry. Over the years Liz has contributed to countless books, journals and guidelines, sharing her expertise.

We were lucky enough to celebrate with Liz and her husband Pete at the symposium dinner!



JIM ABRAHAMS INAUGURAL LECTURE

We also remembered the remarkable Jim Abrahams. Jim is honoured with a symposium lecture in his name.

Beth Zupec Kania RDN gave the inaugural lecture and spoke of how Jim founded The Charlie Foundation back in 1994 with his wife Nancy and how it has grown in that time and helped countless families.

Professor Cross chaired the session, she mentioned how The Charlie Foundation has been a huge inspiration for Matthew's Friends.

We were so pleased that Nancy was in Paris to share the memories and love for Jim.

Our Paris Global Keto Symposium Highlights continued.

By Val Aldridge, Ketogenic Family Support



DEBATES

Two debates on the final afternoon of the symposium – which are always enjoyable!

1. Should KDT be used in neonates?

- Prof Anastasia Male-Dressler from Austria - Yes
- Vs Dr Suresh Pujar, Great Ormond Street Hospital – No

I think the outcome was yes but with caution!

2. Is ketosis the central therapeutic effect?

- Prof Jong Rho Yale, USA – yes
- Vs Prof Simon Heales UCL, UK - No

Professor Rho hypothesised from his research that ketone bodies date back to creation, the first actual building block where life began! He believes ketone bodies are central to how KDT works!

Professor Heales has advocated through his work using MCT fat that actually ketones are not central to how KDT works, however recent work in his lab, he concedes, leaves him open-minded.

Still perhaps pieces of the puzzle are missing, but they shook hands and agreed to work together to find the answers!

EXHIBITION

The exhibition area was strategically well placed in the area where refreshments and lunch were available, contributing to the opportunity to connect with not only all the delegates, but our colleagues and friends from charities and industry, who give their support so generously to facilitate the Global Keto Symposium series.

Chef Neil and Chef Nicolas from Vitaflo didn't disappoint with their mouth-watering keto samples. As you can see from the photos, they were delicious and shows just how appealing Keto can look and taste!



Companies including Nutricia, Cambrooke, Kanso, KetoCare & Le Gamberi shared their fabulous samples and resources, alongside other companies to benefit Keto patients and families.

Charity tables included our special friends at The Charlie Foundation for Ketogenic Therapies, Epilepsy Research Institute UK and the International Neurological Ketogenic Society (INKS).



Our Paris Global Keto Symposium Highlights continued.

By Val Aldridge, Ketogenic Family Support



POSTER TOURS

173 abstracts were approved by the Scientific Committee for presenting as posters at the meeting. Scientific and clinical posters reflecting the continued work that goes on worldwide to further the knowledge and expertise of the health professionals that care for our loved ones.

Zoe Simpson RD, Professor Cross and MF CEO Julie Fountain's poster summarising A Decade of Advancing Medical Ketogenic Diet Education for Health Professionals through KetoCollege was on display



INKS

The International Neurological Ketogenic Society (INKS) had a stand at the meeting, regularly visited by members of the society to network and collect their very special pin badge, available for the first time to members!

Matthew's Friends are very proud Founding Patrons of INKS and pleased to support their initiatives for promoting the practice and science of ketogenic diets and related metabolism-based therapies for neurological disorders.



[VISIT INKS WEBSITE TO FIND OUT MORE](#)

DRUM ROLL.... THE NEXT GLOBAL SYMPOSIUM ON KETOGENIC THERAPIES IN 2027 WILL BE HELD IN.... CAPE TOWN, SOUTH AFRICA!

Look out for further updates coming soon!



PRODUCT ALERT

ULTRA-FINE FIBERFLOUR LONJEVITY FOODS

As anyone who uses Mo's recipes will know, Mo loves to use Ultra-Fine FiberFlour! Unfortunately, this flour from Lonjevity Foods is no longer available to buy! The company are moving to Poland, we are hoping it may be back online eventually!!

In her search for a replacement flour Mo suggests using Panda flour for her recipes. The macronutrients differ, so it will change the ratio, but it works well. Please be aware also that the Panda flour macronutrients have recently changed, fat and protein are lower, luckily CHO has remained practically the same.

MO'S TIP:

Panda flour absorbs a lot of liquid. Using water will be fine in some recipes, as will cream or egg if it is already included in a recipe that needs to be adapted. I would say that for each 1g of panda flour 3g of liquid will be needed. That gives an indication of how much any recipe will need.

Enter code MATTHEWSFRIENDS for a 10% discount on their website: www.pandapantry.co

Recipes using Panda flour are available on our website. Just type in Panda.

www.matthewsfriends.org/recipes-welcome/classical-modified-recipes-all

Overleaf are some new recipes and some adaptions using the new updated Panda flour, version 2 (V2) from the lovely Mo.



MO'S AUTUMN RECIPES USING PANDA FLOUR



NUT FREE BREAD ROLLS USING PANDA FLOUR V2

INGREDIENTS

- 110g Egg white (save the yolks to brush the rolls prior to baking)
- 164g Panda flour V2
- 22g Golden omega milled flaxseed - VIRGINIA HARVEST
- You will also need 10g of LOW CARB GLUTEN FREE baking powder, ½ - 1 teaspoon of salt, 15g white vinegar and 430g of boiling water.

METHOD

- Pre heat oven to 170c / fan 150c / gas 5.
- Mix together the Panda flour, flaxseed, baking powder and salt.
- Lightly beat the egg white, add the vinegar and stir into the dry ingredients.
- Pour on the boiling water and stir until it forms a dough.
- Roll into a sausage shape then cut into 8 equal pieces, shape them a little then place on a non-stick baking tray.
- Brush with a little beaten egg yolk.
- Cook for approximately 35 minutes.

MO'S TIP:

Batches up and freezes well, they defrost quickly. Good for a packed lunch.



MKD 15.31G CHO TOTAL

FAT: 15.42G PROTEIN: 27.92G
CHO: 15.31G KCAL: 312

Each roll gives: 1.92g Fat, 3.49g Protein, 1.91g CHO

HERB & CHEESE MINI LOAF USING PANDA FLOUR V2

INGREDIENTS

- 35g Butter
- 20g Mature cheddar cheese
- 100g Eggs
- 36g Panda flour V2
- You will also need 2g of LOW CARB GLUTEN FREE baking powder and ½ teaspoon of dried herbs of your choice.

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- Grate the cheese finely, weigh and reserve 5g.
- Soften the butter.
- Mix ALL the dry ingredients together, add to the softened butter with 15g of grated cheese.
- Add the beaten egg, mix well until combined.
- Divide between 2 mini loaf tins - 4 inch x 2.5 inch.
- Sprinkle with the reserved cheese, dividing equally and add a little extra dried herb.
- Cook for approximately 15 – 20 minutes until firm and golden.
- Cool in the tins for a few minutes before turning out.

MO'S TIP:

Batches up and freezes well. Use one as a snack or part of a meal, or two as a complete meal. To add more fat, slice and spread with butter.



MKD 3.54G CHO TOTAL

FAT: 46.15G PROTEIN: 20.45G
CHO: 3.54G KCAL: 511

Each mini loaf gives:
23.07g Fat, 10.22g Protein, 1.77g CHO

CHAPATI USING PANDA FLOUR V2

INGREDIENTS

- 10g Vegetable oil
- 10g Golden omega milled flaxseed – VIRGINIA HARVEST
- 40g Panda flour V2

- You will also need ¼ teaspoon of ground cumin, 90g of water and a good pinch of salt.

METHOD

- Mix all of the dry ingredients together.
- Mix the oil with 90g of water then add it to the dry ingredients.
- Mix until a soft dough forms, you may need to add a little more water.
- After kneading into a small ball, divide into 4 pieces and form into balls.

- Roll each piece into thin rounds, no need to fuss about perfect rounds, mine were 5 inches.
- Heat a strong frying pan until hot then add a chapati, cook for a few seconds then flip over and repeat.
- Cook all the 4 in the same way, do not be tempted to cook for too long as they will become brittle.

MO'S TIP:

I found that if the pan was not hot enough the chapati stuck a bit. Can be wrapped and frozen. These are easy to include in a main meal.



MKD 3.78G CHO TOTAL

FAT: 15.65G PROTEIN: 4.84G
CHO: 3.78G KCAL: 175

Each chapati gives: 3.87g Fat, 1.21g Protein, 0.94g CHO

CHOCOLATE CAKES USING PANDA FLOUR V2

INGREDIENTS

- 24g Butter
- 50g Double cream
- 104g Eggs
- 7g Cocoa powder
- 35g Panda flour V2
- 35g Granular sweetener (see tips)
- You will also need 5g of LOW CARB GLUTEN FREE baking powder and 1 teaspoon of vanilla extract.

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- Melt the butter and mix with the sweetener granules, cream, beaten eggs and vanilla extract.
- Add the cocoa and baking powder to the Panda flour, then beat into the wet ingredients.
- Divide equally between 3 muffin moulds or 4 cupcake moulds.
- Cook for 15 – 20 minutes depending on which size you make.
- When cool dust with a little icing sweetener (optional).



MKD 4.97G CHO TOTAL

FAT: 57.22G PROTEIN: 17.78G
CHO: 4.97G KCAL: 606

I made 3 muffins which gives: 19.07g Fat, 5.92g Protein, 1.65g CHO

MO'S TIP:

I used PURE SWEET STEVIA granular sweetener as it is 1:1, I find this helps with the volume and texture. If you use your preferred sweetener, you may need to use less as some granular brands will give 3 times the sweetness. Other brands giving 1:1 sweetness are available. These make a really nice treat or dessert.

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



Immediately following KetoCollege Advance in May we headed up to Manchester to attend the inaugural Epilepsy Research UK (ERUK) conference.

The meeting included:

- keynote talks from global leaders in epilepsy research
- interactive parallel sessions
- early career researcher session
- the involvement of people affected by epilepsy

We were delighted to talk Ketogenic Therapy with the researchers there at our stand.

It was wonderful to meet up with keynote speaker Laureate and Professor Ingrid Scheffer (University of Melbourne) there, a friend and collaborator of Matthew's Friends, who is looking forward to the Paris Global Keto Symposium later this year.

Thank you to the CEO Rosemarie Pardington for her kind invitation to attend this fabulous ERUK event.



ERUK CEO Rosemarie Pardington



Keynote speaker Laureate Professor Ingrid Scheffer



EPILEPSY RESEARCH
INSTITUTE UK



2026 SEES MATTHEW'S FRIENDS CELEBRATE THE 10TH ANNIVERSARY OF KETOCOLLEGE!

SAVE THE DATE



Matthew's Friends
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THE 4TH KETOCOLLEGE ADVANCE EVENT
12, 13 & 14 MAY 2026
FELBRIDGE HOTEL • EAST GRINSTEAD • WEST SUSSEX • UK

THE ILAE

LISBOA CONGRESS CENTRE

We're attending

ILAE IBE
epilepsy congress

36th International
Epilepsy Congress
30 August - 3 September 2025
Lisbon, Portugal



Bringing together 4,000+ epilepsy professionals from around the world for 5 days is no mean feat! The ILAE once again put together a fantastic event, Chaired by the outgoing ILAE President, Professor Helen Cross. The Lisboa Congress Centre was buzzing with presentations, collaborations, research, posters, all with one united aim – 'Improving Lives Affected by Epilepsy'.

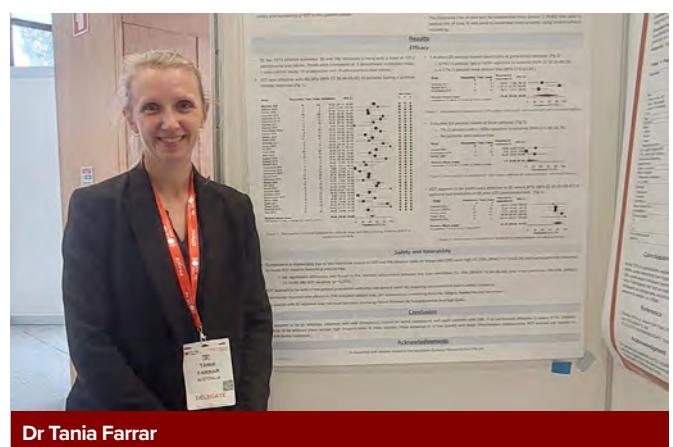
Matthew's Friends attended with our stand, sharing our free Ketogenic Therapy resources to support families. Resources that the doctors present can take back to their centres and hospitals to benefit people with epilepsy from all areas of the world.

We also were able to share details of INKS, the International Neurological Ketogenic Society, that we are proud Patrons of; the upcoming Paris Global Ketogenic Therapies Symposium, which you will read more about in this issue, along with the latest news from KetoCollege on professional learning opportunities, through Advance, eLearning and free webinars.



Dr Anita Devlin, Dr Neha Kaul RD and Julie Fountain

Sadly there were no Ketogenic Therapy themed platform presentations at this meeting, however there were nine Ketogenic Therapy related research posters on display, including one from Dr Neha Kaul RD et al, on 'Cost analysis of implementing ketogenic diets for epilepsy' (Australia) and another from Dr Tania Farrar, epileptologist/neurologist also from Australia, with a systematic review and meta-analysis of 'The safety and efficacy of Ketogenic Diet Therapies among adolescents and adults with refractory epilepsy'.



Dr Tania Farrar

In the UK we have scarce Ketogenic Therapy services within the NHS for adults with epilepsy, with those that we do have currently under threat from closure or under pressure from long waiting lists. We will be updating further on our project to focus on this important issue, addressing the current situation and the impact that this also has on services for children across the UK.

Look out for more in the Winter issue newsletter.

JOIN US FOR THE DSUK CONFERENCE!

This full day event brings together the top global experts, researchers and fellow families at the Hotel Pullman London St Pancras and online, giving you the opportunity to hear the latest updates on research and emerging new treatments and build a supportive network that understands exactly what life with Dravet Syndrome looks like.

The Professional Conference on Friday 14th November is also a great way for your medical team to find out more information about all aspects of Dravet Syndrome so do let them know about this event too.

Read the full agenda and book your place today!

BOOK YOUR PLACE HERE 

Biocodex, Encoded Therapeutics, Jazz Pharmaceuticals and Stoke Therapeutics have all provided sponsorship funding to DSUK in support of the Biennial Professional Day Conference. These organisations have had no involvement in the development of the conference agenda, or any of its content.



The only UK conference dedicated to furthering knowledge and understanding of **Dravet Syndrome**



REGISTER NOW



Hotel Pullman, London St Pancras

Professional Conference
Friday 14th November 2025

In-person & virtual attendance

Parent Carer Conference
Saturday 15th November 2025

EPILEPSY SPECIALIST NURSES ASSOCIATION

We were delighted to be invited to attend the ESNA meeting held in the West Midlands in June.

An opportunity to connect with the amazing nurses that support so many people with epilepsy across the UK and share our Ketogenic Therapy resources with them, so they in turn can share with the families and their clinics.

It was interesting to hear K.Vita being discussed, as an alternative dietary management for drug-resistant epilepsy for adults and children over the age of 3 years.

Many thanks to ESNA for their kind invitation for us to once again join their meeting.





Medical Ketogenic Diet Support Forum

DON'T FORGET TO JOIN OUR PRIVATE FORUM

[CLICK HERE TO JOIN](#)

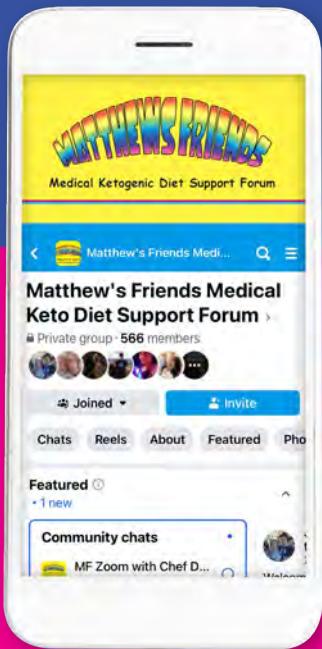
FAMILY FORUM UPDATE ON OUR CHAT NIGHTS



LEE MORGAN

Lee Morgan who has followed KDT these past 9 years and has a degree in nutrition, continues to do a great job running the forum evening chat sessions. We have decided to make a few changes around the weekly chat nights.

Our usual chat nights will now take place on the first Monday of every month, starting from 6th October. We know you like having the expert speakers, so we will try to focus on our speaker nights! Come to our speaker chats, post questions or ask questions and join in the discussions on the night.



Tuesday 9th September	Chef Derek Nutricia Back to school cooking tips and demo
Monday 29th September	Professor Helen Cross Paediatric neurologist Great Ormond Street – MF medical board chair Updates from The Ketogenic Global Symposium Paris 2025
Tuesday 14th October	Dr Sally Willis Paediatric Neuropsychologist - Newcastle Great North Children's Hospital Challenging behaviour
Tuesday 28th October	Chef Derek Nutricia My KetoPlanner latest updates
Monday 3rd November	Keto Chat night 8 - 10PM
Tuesday 25th November	Mackenzie Cervenka Professor of Neurology (Adults) - Johns Hopkins Hospital Baltimore USA and Bobbie Henry-Barron RD Ask the experts!
Monday 1st December	Keto Chat night 8 - 10PM

All previous recordings can be viewed in the forum, for members only. To join our forum please fill in the form on this link. [Facebook Forum Family Access - Matthews Friends](#)

Please do email Val: val@matthewsfriends.org if there are any subjects you would like covered!

[CLICK HERE TO JOIN](#)

We will always record presentations where speakers are amenable, to post on the forum for those unable to attend on the night.

A PARENT'S EXPERIENCE OF 'KETO AT SCHOOL'

BY EMILY, MUM OF ELLA.



Ella is 12 now and she started following a classic ketogenic diet, 3:1 ratio, seven years ago!

Like almost every family I've connected with since beginning this journey, the adjustment to a new diet brought many challenges, some of which I've already shared, which I've navigated with failure and success in equal measure.

My upbringing was one of food joy! Whenever there was an occasion, it would involve food. An occasion in my family could be meeting up with one of my 40 cousins for an ice cream or a 100-strong get together with 3 generations. I was so excited about the prospect of sharing those moments with Ella too and then came her diagnosis of GLUT1 Deficiency Syndrome and the reality that she couldn't navigate food joy like I did. We needed to do things differently.



The first big hurdle to jump was navigating school. School dinners involve a large portion of pasta, rice or potato as standard and a pudding of cake and custard. The meats may have been keto friendly on the surface, with sausages a regular staple, but dig a little deeper and I found they were low quality and carb laden too. Knowing they were out, we went for packed lunches instead. School friends had sandwiches with jam, a "healthy" portion of fruit and a bag of crisps or a chocolate bar and again I was left feeling like I was being asked to perform a mission impossible! How do I give Ella an opportunity to fit in, eat with friends, celebrate with food AND stay well?

If you too have felt these fears, concerns or feelings of it all being impossible, or maybe you're just starting out and don't know how to make school and food work, I hope I can offer some words of encouragement and suggestions!

I will begin by sharing that Ella had a gastroscopy tube fitted within a year of beginning because she struggled with eating enough food and even now, when she truly loves her keto food, we have to bolus some ingredients to keep her stable but I can make meals to suit 3:1 targets that will make friends want the same!

Ella did 11 months in school after diagnosis, followed by two years at home, another two years in school, followed by two more at home and is now in a specialist provision. We've ridden the wave of conforming to set mealtimes and needing to prep in advance, to more food freedom and back again and I will share here steps I have followed to make a success of the diet both at home and in school!



**AN OCCASION IN MY FAMILY COULD BE
MEETING UP WITH ONE OF MY 40 COUSINS
FOR AN ICE CREAM OR A 100-STRONG GET
TOGETHER WITH 3 GENERATIONS.**



See our Guidance for Schools information brochure on our website

[VIEW HERE](#) →



1. Keep things simple

Most children in school have a choice of two or three breakfasts and minimal flexibility of school lunch items so you can do the same.

Ella will have low carb toast, pancake or cereal with a fat shot for breakfast and lunch always comes with one slice of low carb bread to make a sandwich, home-made chocolate fat bombs and then she chooses a protein option (fridge raiders/cheese/protein bar) and a carb option (popcorn/Cheetos/berries) and I balance the fat around her choices using fat bombs, Calogen, yoghurt, mayo or a keto cake!

Many schools will state that they are nut free but if no active nut allergy, you can request an exception on medical grounds, and your dietitians can help support that request.

2. School Cooking

School cooking is part of the curriculum and can be tricky to navigate but your school should work with you and communicate what food they will be preparing in advance so you can make a keto alternative.

Ella prefers to cook what everyone else is and bring it home to feed us but if your little one wants to eat their bakes, ask school to provide the recipe they are using. With the recipe in hand, you can use your meal planner to turn the recipe into a keto recipe to your child's targets. If unsure ask your dietitian or Matthew's Friends for help.

We have done this before using ChatGPT for adapting Japanese pancakes with success using fiber flour (when it was available) to avoid nuts! However, a caution, AI food lists are not necessarily verified and as with some dubious food labeling, may not be accurate.

3. Speak to the School

Ask school to not incentivise food. Using stickers or a sensory toy for a "reward" instead of a bag of sweets is reasonable and inclusive!

4. Use us, the Community

You're not alone and between the other families and the amazing keto chefs, we can help find the perfect way to make things work!

5. Give praise

Ask school to offer praise to your child via star or sticker for eating all food with an agreed award at home for hitting targets every day for a week or a month or a term if your child is struggling. The little acknowledgement of their extra commitment may just be what is needed to ensure all is eaten!

I'm sure there are other hints and tips I and others can offer but I hope this is a great starting point to ensure an exciting and successful academic year.

With love
Emily and Ella

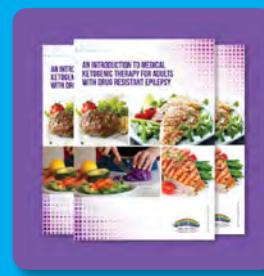
See Emily's blog which includes some great packed lunch ideas!



[SEE EMILY'S BLOG - CLICK HERE](#) →

BRAND NEW RESOURCES TO SUPPORT PATIENTS, HOSPITALS AND SCHOOLS

VISIT [MATTHEWSFRIENDS.ORG](https://matthewsfriends.org) FOR MORE DETAILS



IMPROVING ACCESS AND UNDERSTANDING:

A new video education resource for the ketogenic diet



Victoria Whiteley

Advanced Clinical Practitioner
in Ketogenic Therapies

The ketogenic diet is a well-established treatment for drug-resistant epilepsy (DRE), Glut1 Deficiency Syndrome and Pyruvate Dehydrogenase Deficiency (PDHD). Yet, despite its growing use, awareness and understanding of the diet in settings outside the home—such as schools, respite care, and hospital wards—can still be limited. This lack of knowledge can create practical challenges for families and leads to inconsistent care.

Recognising this gap, we recently took part in a project to create video-based education resources that help equip school staff, ward nurses, and respite carers with the knowledge they need to support children on the ketogenic diet. This work was led in collaboration with Vitaflo Ltd and brought us together as a team of specialist dietitians.

Our goal was simple: to improve the standard and consistency of care for all patients, wherever they are. By replacing time-intensive, face-to-face training sessions with engaging, accessible video resources, we hope to make high-quality ketogenic diet education available on demand. This not only reduces the risk of errors but also helps free up dietitians' time—allowing more families to start the diet promptly and giving dietitians more capacity to support research and service improvement.



Nicole Mills RD in action

The videos also provide the essential building blocks for more intensive or personalised training, when required. They offer a flexible foundation that can be tailored to the individual needs of patients and settings.

The resources themselves were developed collaboratively, as our current materials, were compiled and refined with input from Vitaflo Ltd and Solaris Health. We gathered in London on 23rd June to film the videos—a brand new experience for many of us, but one made enjoyable thanks to the encouragement and expertise of the whole team.

We're excited to see how these videos will be used in practice. They will be shared via QR codes, through the Ketogenic Dietitians Research Network (KDRN), and within local hospital and school teams. Longer term, we hope this work will support greater access to the ketogenic diet, ensure equitable care across the UK, and ultimately improve outcomes and quality of life for families living with epilepsy and metabolic conditions.

NEW SURVEY! (WITH £10 THANK YOU VOUCHER) EXPERIENCE OF THE TRANSITION BETWEEN CHILD AND ADULT SERVICES ON KETOGENIC DIET THERAPY

Dietitians from the Ketogenic Dietitians Research Network would like to invite you to take part in this much needed research project. We would like to better understand the needs of young people moving from child to adult services while on ketogenic diet therapy.



If you are a young person (or their parent/carer) and are aged 14 or older in the UK, please follow this link to take part:
<https://forms.gle/5hiaWKDsoBsEVrnC6>

If you have moved from child to adult services in the last 5 years in the UK, please follow this link to take part:
<https://forms.gle/PAs9RNna7TciX5HFx5>



Matthew's Friends
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 WEBINAR 

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SPEAKERS AND TOPICS

CHAINED BY LISA O'BRIEN ESN - MATTHEW'S FRIENDS MEDICAL ADVISORY BOARD

An Introduction to the Management of Ketogenic Therapies in a multi-carer setting
Eva Partridge RD, Specialist Adult Ketogenic Dietitian, The National Hospital for Neurology & Neurosurgery.

The lived experience
Nicola Williamson, Mother of Matthew.

Case study of a patient using K.Vita in a multi-carer setting
Victoria Whiteley RD, Advanced Clinical Practitioner, Royal Manchester Children's Hospital.

Psychological considerations of supporting the patient, family and staff
Dr Sally Willis, Clinical Psychologist, The Great North Children's Hospital, Newcastle.

Day to day practicalities and management in the multi-carer setting
Featuring Monica de Ruijter RD, SEIN, the Netherlands.

Lynsey Smart, Acting Care Co-ordinator & Kim Feck, Senior Support Worker from Young Epilepsy.
Val Aldridge, Ketogenic Family Support, Matthew's Friends.

Q&A

A HEARTFELT FAREWELL TO SUE WOOD

It is with immense gratitude and admiration that we announce the retirement of Sue Wood from the Matthew's Friends Ketogenic Dietary Therapies Medical Advisory Board.

Sue has been a guiding light for our community for so many years, sharing her wisdom, compassion, and unwavering dedication to improving the lives of those living with epilepsy and other neurological conditions. Her expertise has shaped how ketogenic therapies are understood and delivered, but it is Sue's warmth and kindness that have truly left a mark on every family, colleague, and patient she has supported.

Sue's tireless work has helped Matthew's Friends grow into a trusted source of hope and guidance for countless people around the world. She has been not only a brilliant advisor but also a dear friend to all of us who have had the privilege to work alongside her.



As she steps into a well-earned retirement, we celebrate Sue's incredible contributions and the countless lives she has touched along the way. Sue, your legacy will live on in the work we continue to do, and you will always remain a cherished part of the Matthew's Friends family.

Please join us in sending Sue our warmest thanks, love, and best wishes for this exciting next chapter of her life.

MESSAGES FROM JUST A FEW OF SUE'S FANS...!

Sue, a million thank you's will never be enough for what you have done for David & us! From the moment we spoke on the phone you were warm and welcoming! Your knowledge has no bounds.

You (and Val) are the ultimate dream team, you both have changed David's life: provided me with the education to support the ketogenic journey and gave me the confidence to battle on. We wish you all the best & enjoy your longest holiday.

Beth, Bod & David

Happy retirement Sue. Thank you for your dedication and for being such a supportive part of our ongoing ketogenic journey.

Nicola, Mark & Matthew

Happy retirement Sue, thank you for all the help you gave. The colour and shine book was beautiful and very useful

Sue K

Thank you so much Sue for being a part of the Matthew's Friends Ketogenic Medical Board Dietitian Team and also for helping us all by authoring the Colour and Shine book. Happy retirement.

Emma S

All the best for your retirement Sue!

Andy M

What an absolute pleasure it was to work with Sue Wood at Matthew's Friends. She is one of the kindest souls I have known, a diligent worker who cared about everyone. Nothing was ever too much work for her and she touched so many with her generosity of spirit and her dedication.

Her knowledge and experience of ketogenic diets was exemplary. Sue, I know so many will miss your input, but I suspect you will continue to be a source of invaluable advice and information in the keto world for many years to come. Wishing you a happy and fulfilling retirement.

Catherine Z

You are invited to a free ketogenic/drug resistant epilepsy fun event for all the family!

Join us for fun activities for all the family including:
games, face painting, and arts & crafts.



You will have the chance to meet with other families and learn new recipes & cooking techniques with Chef Neil & Chef Devin as they demonstrate Ketogenic friendly recipes. Dietitians and the Vitaflo team will also be available to provide advice and information.

Date : Sunday 2nd November 2025

Time : 11am - 3pm

Venue : Mercure Norton Grange Hotel and Spa
Manchester Road, Rochdale,
Greater Manchester. OL11 2XZ



Chef Neil & Devin will create some great Keto tasters but please bring A keto lunch for your child suitable for their dietary requirements.

Regular lunch and drinks will be provided.

RSVP

Important - Please register your attendance by 19th October by [clicking here](#)

FREE access to hotel pool & spa from 3.30-5pm for the first 30 attendees to sign up

*Please note children under 16 will not be able to use the thermal facilities, only the pool.

Children using the pool must be accompanied by an adult at all times

Please be aware that some filming will be occurring at this event from 11-3pm.
Please let the Vitaflo Team know upon arrival if you prefer not to be filmed on the day.

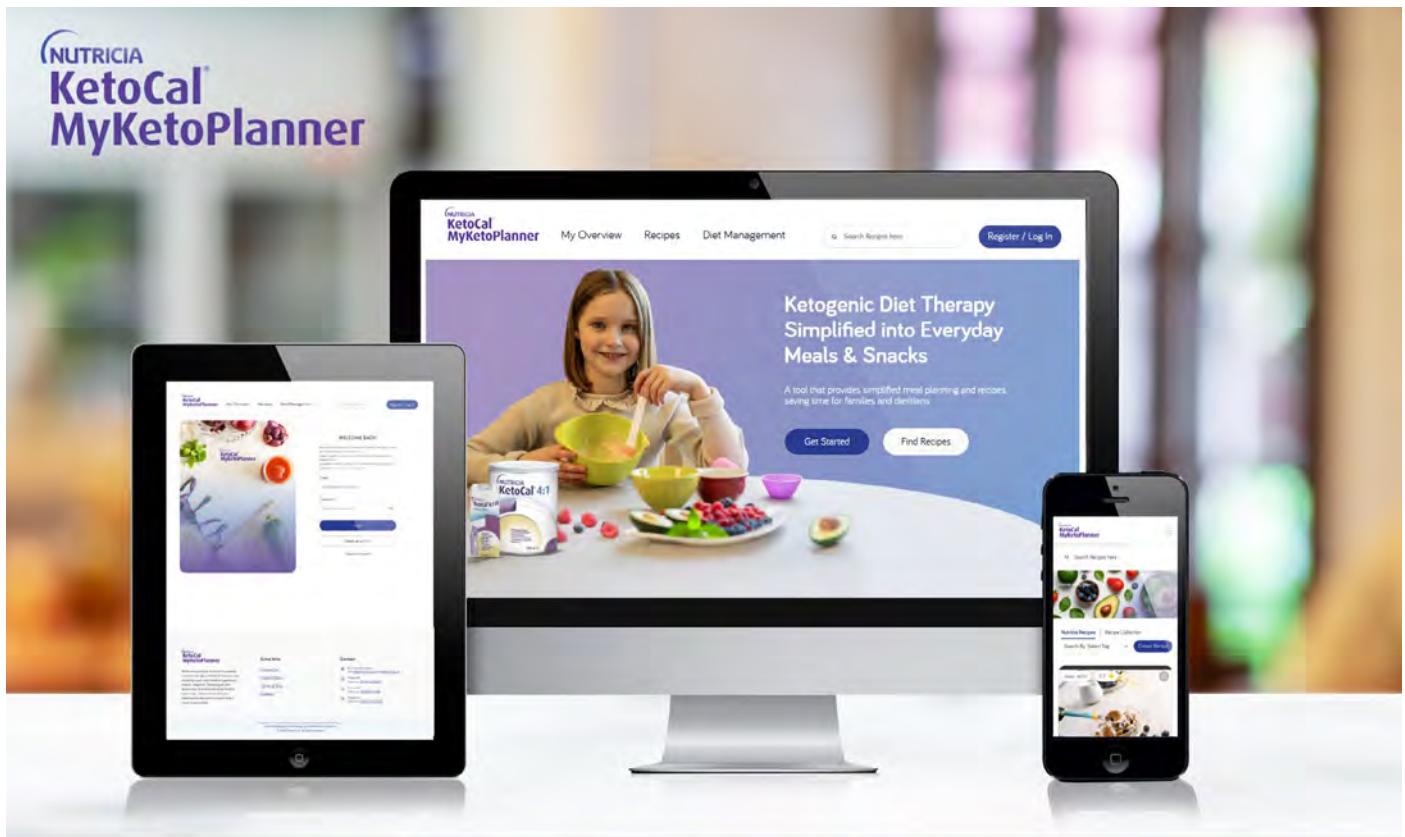


My Ketogenic Diet
myketogenicdiet.com



Enhancing Lives Together





MyKetoPlanner: Supporting Your Keto Journey - One Meal at a Time

Thousands of tasty recipes, now on a smarter platform!

Create, customise & share meals
that fit your lifestyle



Work with your **dietitian** to build your
daily & weekly meal plans

Access MyKetoPlanner
on-the-go, wherever you are



Speak to your dietitian to register and get started
Visit now at myketoplanner.co.uk

Unleash your creativity with K.Yo Berry!

With its yummy berry flavour, K.Yo makes mealtimes a moment of joy. With a colourful imagination, Kris will help captivate each and every day with you.

Available from 1st October 2025.

Contact your healthcare professional for more information on K.Yo.



Enhancing Lives Together

K.Yo is a Food for Special Medical Purposes to be used under medical supervision. K.Yo is a ready to eat semi-solid food with a 3:1 fat to protein and carbohydrate ratio, for the dietary management of epilepsy in a ketogenic diet, glut 1 deficiency syndrome or other conditions requiring a ketogenic diet. It is suitable from 3 years of age onwards.



FUNDRAISING FOR MATTHEW'S FRIENDS

ZOE'S SERPENTINE SWIM



Zoe Simpson is an Advanced Clinical Practitioner (ACP) at Great Ormond Street Hospital (GOSH) specialising in ketogenic diet treatment for children with epilepsy as well as being a member of Matthew's Friends Medical Advisory Board and we are very grateful to her for making time in her busy schedule to raise funds for MF's by participating in 'Swim Serpentine 2025'

Zoe's event was on the 20th of September, and she absolutely smashed it, finishing the 2 miles (3.2km) swim in 1 hour 15 minutes!! To date Zoe has raised over £1000 including GiftAid! There is still time to support Zoe's fundraising, you can donate and read more from Zoe by following the link below. Thank you so much Zoe, your support means the world to us!

[DONATE TO ZOE'S CHALLENGE CLICK HERE](#)

VITAFLO PURPLE DAY FUND RAISER



On the 26th of March, our friends at Vitaflo International once again held a Purple Day event to raise funds for Matthew's Friends.

This year the event included a number of different activities including a bake sale, raffle, a photoshoot and more!

Matthew's Friends have received over £400 from Vitaflo's Purple Day Fundraiser this year and we would like to say a heartfelt thank you to all at Vitaflo for their continued support – it is extremely important to us and very much appreciated!

[DONATE TO THE VITAFLO FUNDRAISER HERE](#)

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](#) @mathewsfriends for up to date news on all our events. Please support us and request an MF fundraising pack today from enq@mathewsfriends.org

OXTED PRAM RACE SUNDAY 22ND JUNE!



Once again Oxted Rotary's Pram Race was a massive success. Such a great fun family event, well attended and supported by many local companies and organisations, including Matthew's Friends, who are proud to be a part of it. We are pleased to have sponsored the trophies for the races and are thrilled to be one of the beneficiaries chosen to receive a share of the total funds raised during the day which, this year, is estimated to be around £6000!

Our Val's husband Richard and son Greg were amongst those shaking their collection buckets in between avoiding the water pistols and hosepipe spray!



A great fun day that is enjoyed by so many but also raises a lot of money for local charities. Well done to all involved and thank you!

CHRISTMAS STOCKING FILLERS!

If you're looking for ideas for Christmas Stocking stuffers, we have some fab Matthew's Friends items, useful aprons for both for both children and adults and Matthew's Friends Keto Hero T-shirts. Plus, we have a special offer on our Christmas cards with a free travel mug with each order. All these items are available from here: www.mathewsfriends.org/mathewsfriends-shop/products



The Krazy for Keto Book written by Brandon about his own epilepsy journey is available to buy on [Amazon](#) with all profits kindly being donated to Matthew's Friends