

KETOGENIC THERAPIES

WINTER NEWSLETTER 2025 | EDITION NO. 31



Information • Training • Research • Support
Registered Charity No. 1108016

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



TOGETHER FOR CHANGE: KETOGENIC THERAPY ADVOCACY

Matthew's Friends attend and exhibit at professional and charity conferences to update clinicians, empower families, promote research, and advocate for wider adoption of ketogenic dietary therapies.

See which conferences we've joined lately and the important takeaways we are sharing with our community.

[More inside..](#)

KETOCOLLEGE ADVANCE 2026 REGISTRATION IS NOW OPEN

KetoCollege Advance 2026 brings together expert mentors, leading clinicians, and researchers to present the latest insights in Ketogenic Dietary Therapies.

See page 8 for details



SPECIAL FEATURES INSIDE:

• INTRODUCING FOUNDATIONS AT
KETOCOLLEGE - PAGE 8



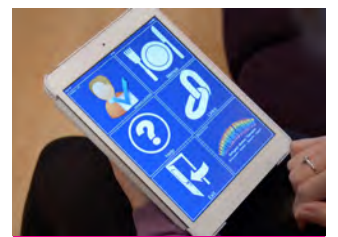
• MO'S WINTER WARMER RECIPES - PAGE 10



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AND MUCH MORE!

SUPPORTING KETO FAMILIES

During 2025 we have provided 193 of our super-useful FREE Keto starter packs to UK families and hospitals!

See page 20 for details of how to help us to support more families affected by drug-resistant epilepsy in 2026.





Ketogenic Dietary Therapies
Information • Training • Research • Support
Registered Charity No. 1108016

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MATTHEWSFRIENDSORG #KETOKITCHEN

CLICK HERE TO HELP
FUNDRAISE FOR
MATTHEW'S FRIENDS ☺

Matthew's Friends are proud to be founding patrons of the International Neurological Ketogenic Society (INKS) together with our sister organisation in the USA, The Charlie Foundation. This society is bringing Ketogenic experts together from all over the world.



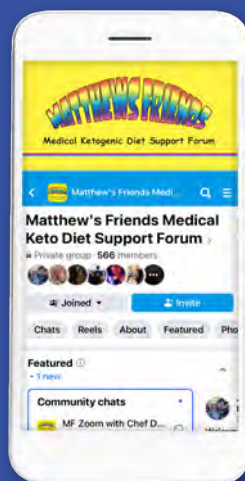
INTERNATIONAL
NEUROLOGICAL
KETOGENIC SOCIETY
www.neuroketo.org



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



OUR AMAZING FREE STARTER PACKS!

AVAILABLE TO ALL NEW KETOGENIC DIET PATIENTS!

Request from your specialist
ketogenic dietitian or click
the order button below. Only
available in mainland UK.

CLICK TO ORDER

Click on FREE ITEMS FOR FAMILIES

*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

CONSIDER A MEDICAL KETOGENIC
DIETARY THERAPY

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

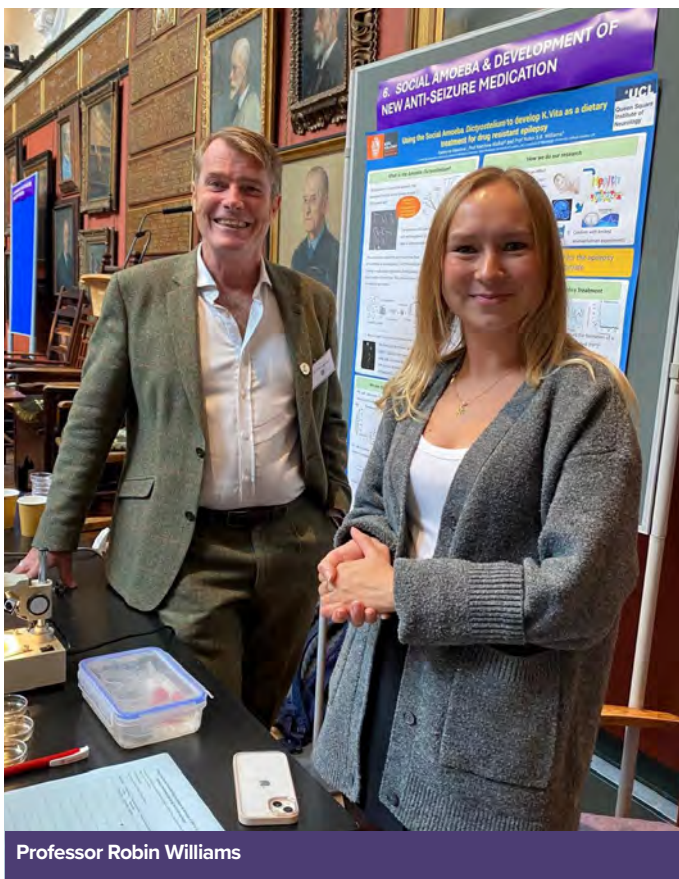
Living with Epilepsy: Insights & Innovations at UCL – UCLH



By Val Aldridge,
Ketogenic Family Support

UNIVERSITY COLLEGE LONDON (UCL) HELD AN INFORMATION DAY FOR PEOPLE LIVING WITH EPILEPSY.

The day was very well attended. There was a wide range of interactive stands representing scientific innovations, for example Professor Robin Williams (MF medical board) had people looking through microscopes at cells, explaining the very basis of how new treatments evolve starting with a hypothesis, tested on cells in a dish and end up being a new treatment option like K.Vita.



Professor Robin Williams



Eva and Val

For most, those with infrequent seizures or well controlled with antiseizure medication (ASM's), the guidance was towards 'healthy' eating. Focusing on stabilising glucose levels through the day.

- Regular meals.
- Choosing the lower GI, high fibre carbohydrates in moderate amounts.
- Adding in more variety.
- Balancing meals with protein and fat.

Eva Partridge Specialist Adults Ketogenic Dietitian at UCL (our new MF medical board member) manned her stand promoting the importance of diet in the management of epilepsy. Val joined Eva on the stand to explain how Matthew's Friends can help where patients are following a ketogenic diet.

It was a busy time and great to meet so many interested families!

For those adults with a high seizure burden despite multiple ASM's it was heartbreaking knowing that KDT, despite being a research based clinical treatment for these patients, would be so very difficult to access or, even if considered, meant a 2-3 year long waiting list!



NUTRICIA KETOCONFERENCE SHEFFIELD NOVEMBER 2025

JULIE AND VAL ATTENDED THE NUTRICIA ANNUAL KETOCONFERENCE, THIS YEAR HELD IN SHEFFIELD.

The day was chaired by Dr Archana Desurkar paediatric neurologist and MF medical board member with Hannah Taylor Specialist Keto dietitian, who run the Keto service at Sheffield Children's Hospital.



Our charity stand was positioned inside the conference room, alongside our friends at Young Epilepsy and Daisy Garland.

Presentations

DR LAURA HEALY
Clinical Specialist Dietitian
from St James Hospital, Dublin.

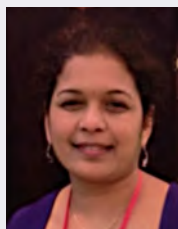
Laura gave a great update on highlights from the Paris Global Symposium.



DR ARCHANA DESURKAR

Dr Desurkar presented on the management and challenges of weaning medications on KDT.

Sourcing carbohydrate free medications on starting KDT and during illness can be problematic. Dr Desurkar advised working with your hospital pharmacist and to use the MF carbohydrate content in commonly used medications resource. It is updated every year by pharmacist Susan George and specialised Keto dietitian Tracy Cameron from the MF medical board.



She has found that younger children are the most likely to wean off all antiseizure medications (ASM's) and this is reflected in research by Gogou et al from Great Ormond Street Hospital. (GOSH)

[VIEW LINK HERE](#) ➞

Another research paper Dr Desurkar mentioned by He et al from China, explored weaning medications on KDT in both children and adults.

DOWNLOAD HERE: KETOGENIC DIET THERAPY LEADS TO ANTISEIZURE MEDICATION REDUCTION IN CHILDREN AND ADULTS WITH DRUG-RESISTANT EPILEPSY ➞

When to start weaning is clearly individual, Dr Desurkar mentioned that for most families not surprisingly, the main aim whilst following KDT is to reduce their ASM's. It is also a scary prospect for families, and I am sure also for new centres starting up a new keto service.

Dr Desurkar felt that it would be helpful to have some guidelines so that practice is more consistent. She also felt that more long-term studies are needed to see if improvement in outcomes are sustained. Although weaning ASM's is mentioned in the 2018 consensus guidelines, perhaps it could be explored further, ready for the next updated guidelines.

[VIEW THE KC ADVANCED MEDICINE LIST](#) ➞

Dr Desurkar advised that she worked with families in deciding which medications were most helpful or did not seem effective when thinking about what to wean first.

DOWNLOAD HERE: OPTIMAL CLINICAL MANAGEMENT OF CHILDREN RECEIVING DIETARY THERAPIES FOR EPILEPSY ➞

The Impact Of Medium-Chain Triglycerides (MCT) on Classical and Modified KDT in Drug Resistant Epilepsy

Linda Tamer RD Royal Manchester Children's Hospital – Linda reviewed 65 of their cohort of children between 2017 and 2024 where MCT fat had been included as part of KDT. Her focus was to assess the efficacy and tolerability around adding MCT. 70% of children were started with MCT, the remaining 30% had MCT added as part of fine tuning.

Tolerance was generally found to be good, with only 3 patients complaining of mild GI symptoms and 1 patient discontinuing use of MCT fat. Linda found that MCT was commonly used as a fine-tuning tool, increased gradually to avoid gastric upset and used to aid ketosis or to increase carbohydrate allowance. Data is being analysed regarding the effect of adding MCT in relation to seizure numbers.

KDT for Status Epilepticus

Presented by Dr Archana Desurkar and Dr Natasha Schoeler RD, Senior research Fellow, Institute of child Health and University College London.

KDT in the intensive care setting for treatment of status epilepticus where established protocols have failed is a much discussed and researched topic.

The good news is guidelines are imminent! The consensus was that the sooner KDT is started the better, however there can be delays in starting children as urine and blood testing for inborn errors of metabolism need to be checked. These results can take some time to come back! Adults would likely have shown symptoms in childhood of these rare diseases and so was deemed to be safer to start KDT without testing in an emergency situation.

KDT would be generally administered via a gastric tube but can occasionally be given parenterally if gastric feeding is not an option. There are KDT guidelines for parenteral feeding available.

[VIEW LINK HERE ➔](#)

KDT use outside epilepsy

Further research on use of KDT in an emergency was mentioned by Natasha in regard to sepsis and traumatic brain injury where it has been recognised that KDT has an anti-inflammatory effect on the brain!

Helen Grossi RD Specialist KDT dietitian and MF medical board member, after many years of helping children with epilepsy, has in the past few years specialised further into the use of KDT in mental health.

Helen presented on her work. She commented that 'it feels like being at the beginning, like it was over 20 years ago with epilepsy'.

Following promising results in the pilot study Helen was involved in a randomised controlled trial (link below) that is set to start in 2026. The trial will be run from Edinburgh and Birmingham, looking to recruit around 100 patients to each centre and set to run over 5 years.

[VIEW LINK HERE ➔](#)



Training new centres around the world

Dr Jen Carroll RD specialist Ketogenic dietitian, runs a private keto service, The Keto Dietitian.

Jen presented on her involvement with the Nutricia Global mentoring programme, working with a team of experienced dietitians from UK and Ireland traveling worldwide, sharing their expertise by training new teams of dietitians. It sounds like their help and knowledge has been very much appreciated!

KDT - Transition and adult services

Vicki Whiteley RD, Advanced Clinical Practitioner in Ketogenic Therapies, Manchester Children's Hospital and Dr Michael Patrick Adult Neurologist, Royal Hallamshire Hospital Sheffield.

Julie and I found the final presentations around these topics to be the subjects uppermost in our minds over the past months.

Vicki highlighted the work carried out by the Ketogenic Dietitians Research Network (KDRN) around transition and the growing problem with the lack of adult service provision available.

Dr Patrick explained that despite being lucky enough to have an adult keto service in Sheffield, initially instigated as a research project by Professor Steve Howell in 2018 with a 2 year funding grant given by MF to keep the service running in 2021, although a small service has been maintained, resources continue to be very limited which leaves the service fragile with no plans for much needed expansion.

MF are working with UK health professionals, our medical board members, the Ketogenic Dietitians Research Network (KDRN) and families to highlight the problems around transition and the lack of keto service provision for adults. We also wish to highlight how KDT can change the lives of adults with epilepsy for the better.

If you have been affected by these problems or you are an adult following KDT in UK and would like to add your voice to ours, please do get in touch with Val. val@matthewsfriends.org

Watch out for our Spring newsletter, 2026 for a full focus on adult keto service.

KETOGENIC DIETITIANS RESEARCH NETWORK (KDRN)

SHEFFIELD MEETING – NOVEMBER 2025

Julie and Val attended the KDRN meeting in Sheffield.
There was a good turnout both face to face and online.



The meeting was chaired by Dr Natasha Schoeler RD, Senior Research Fellow at University College London and Great Ormond Street Institute of Child Health.

Project Updates

Dr Jen Carroll RD, who runs a private KDT practice, updated us all on Advanced Clinical Practitioner, Zoe Simpson from Plymouth University and GOSH, and her ongoing PHD, expanding on Jen's Core Outcomes research.

[VIEW JEN'S CORE OUTCOME RESEARCH HERE](#) ➔

Zoe is working hard to find what is needed in a tool to measure not just seizure numbers, which has tended to happen in the past, but to include those outcomes that are not so easily measured like levels of alertness. We heard from Dr Lenycia Neri RD, a researcher from the University of Pavia in Italy that similar research is underway so hopefully ideas can be shared through the KDRN to make a tool that will suit all!

Dr Monica Guglielmetti RD, University of Pavia, Italy, reported that at the last KDRN meeting she asked for dietitians to contact her to be involved in her continuing research looking at using 1-2 blended feeds alongside the standard commercial tube feeds to improve gastric outcomes. She was pleased to report that she has had a lot of interest from dietitians wishing to be involved.

These sorts of shared research projects ensure a higher number of patients participating in research and shares the expertise more widely, hopefully resulting in improved services for families. Research updates from USA, Australia and New Zealand highlighted how far KDRN is expanding worldwide!

Education

Dr Lenycia Neri gave an interesting presentation on research trends and how to critically review published articles. She highlighted many factors that may influence the quality of research, including personal bias, variance in foods consumed, numbers of participants. She suggested using an online tool when reviewing articles.

[VIEW JBL CRITICAL APPRAISAL TOOLS HERE](#) ➔

The site includes check lists relating to different types of research giving insight into the quality of a published article.

Dr Natasha Schoeler RD then gave us some insights around when and how to gain ethical approval for research projects. KDRN are happy to give advice on research projects and always happy to receive ideas for future research. MF CEO Julie Fountain explained how MF can help too, sharing research projects on social media and facilitating the involvement of families and adults on KDT to ensure the patient voice is heard.

Julie also gave an update on some new KetoCollege education tools for professionals and the International Neurological Ketogenic Society (INKS).

- An extra half-day is being added pre KetoCollege Advance; A KetoCollege Foundations session for dietitians and dietetic assistants new to KDT.
www.ketocollege.co.uk
- Our new webinar is now freely available: 'Managing KDT in a Multi Carer Setting'
www.ketocollege.co.uk/ketocollege-webinars
- Join INKS to further collaborations, research updates and new educational video reviews.
www.neuroketo.org



Ketogenic Dietitians
Research Network

KDRN BEST PRACTICE RECOMMENDATIONS FOR DIETITIANS



The Ketogenic Dietitians Research Network has recently published best practice recommendations for dietitians managing children with epilepsy on Classical and Modified ketogenic diets in the *Journal of Human Nutrition and Dietetics*.

There are wonderful clinical best practice recommendations available for healthcare professionals managing children with epilepsy on ketogenic diets. These include guidance relevant to dietitians, but are predominantly clinically focused and do not explore the full spectrum of dietetic practice, such as calculating prescriptions or starting / discontinuing ketogenic diets. We wanted to focus on Classical ketogenic diets in the first instance, as the most common ketogenic diet type, as well as Modified ketogenic diets (including the Modified Atkins diet) due to discrepancies in how these are defined.

We brought together a fabulous group of expert dietitians from around the world, including USA, Canada, UK and Europe, Central and South America, Middle East and Asia, Africa and Oceania. Where possible, the number of dietitians from each geographical area was aligned proportionally to the number of ketogenic centres in that area.



Victoria Whiteley and Natasha Schoeler



Monica Guglielmetti



Lenycia Neri

We conducted a literature review to see what had been published regarding dietetic implementation of Classical and Modified ketogenic diets, including:

- Patient selection
- Pre-diet preparation (dietetic and psychosocial)
- Diet prescription, including macronutrients, fluids, vitamins and minerals, enteral feeding, special dietary requirements, different age groups
- Prescribable ketogenic products
- Diet initiation
- Monitoring, including adverse effects, management of illness, psychosocial impact, adherence and tele-healthcare
- Diet discontinuation

We also circulated a survey for dietitians around the world to complete based on their current practice, spanning the same areas as the literature review. This was completed by 111 dietitians.

When writing the core recommendations, we drew from either published consensus recommendations, international guidelines, systematic reviews, meta-analyses or randomized controlled trials, or survey responses that reached a consensus threshold of $\geq 75\%$. We wanted to acknowledge the variability in dietetic practice and so survey answers selected by $\geq 5\%$ of survey respondents were included in the main text.

Throughout this project, we have met so many new people, cemented existing collaborations and friendships, and learned about diverse ways of working. We worked together to refine the methods, results and then present our findings in a way that we hope is 'digestible' by dietitians all over the world. A true example of dietitians 'flying the flag' and collaborating (despite the challenges with time zones!) to help colleagues, patients and families. Next stop, Medium Chain Triglyceride ketogenic diets, and Low Glycaemic Index.

THE PUBLISHED ARTICLE IS AVAILABLE HERE ➔

Treatment PDFs/booklets will be available soon.

This project was kindly supported by Nutricia Advanced Medical Nutrition.


12, 13 & 14 MAY 2026

FELBRIDGE HOTEL • EAST GRINSTEAD • WEST SUSSEX • UK

KETOCOLLEGE ADVANCE 2026: REGISTRATION NOW OPEN!



We are delighted to announce that **KetoCollege Advance 2026** is officially open for registration.

This year's programme delivers expert mentorship, the latest research insights, and in-depth sessions on the therapeutic use of ketogenic therapy for epilepsy and other conditions, aimed at health professionals working in the field of ketogenic therapy.

We are also excited to introduce the new KetoCollege Foundations session for registered dietitians, designed to provide a strong grounding in ketogenic therapy—perfect for newcomers to the field of ketogenic therapies.

In addition to world-class educational content, attendees will have the opportunity to meet relevant industry nutrition companies at our dedicated exhibition, explore innovative products, and network with peers and leaders in the field.

INTRODUCING



— TAKING PLACE —
PRE-ADVANCE MONDAY
11TH MAY 2026
— AFTERNOON —

CALL FOR CASE STUDY ABSTRACTS

We are inviting clinicians, researchers, and practitioners to submit interesting, insightful, or novel case study abstracts for consideration.

Selected case studies may be featured during the programme, offering contributors a valuable opportunity to share their experience and contribute to collective learning.

[SUBMIT YOUR ABSTRACT HERE](#) ➞

BURSARIES NOW OPEN FOR APPLICATION

To support access for dietitians, a limited number of bursaries are now available for eligible applicants – registered dietitians/nutritionists.

[BURSARY APPLICATION DETAILS](#) ➞

PROGRAMME HIGHLIGHTS

- Expert mentors presenting advanced content
- Latest research updates and emerging evidence
- Therapeutic applications for epilepsy & other health conditions
- NEW KetoCollege Foundations session (dietitians only)
- Exhibition featuring leading nutrition companies
- Case study abstract submissions now open
- Bursaries available for eligible applicants

Spaces are limited and expected to fill quickly.

[SECURE YOUR PLACE AT KETOCOLLEGE
ADVANCE 2026](#) ➞



SCAN ME

Call for Professional Participants!

Virtual Focus Group on Ketogenic Diet & Paediatric Outcomes



Eligibility Criteria

You must meet both criteria:

- **Professional Role:** You are a professional person who supports children with drug-resistant epilepsy and work in healthcare, research, social care, education, or charities.
- **Relevant Experience:** You have actively worked with children and their families who have been following the ketogenic diet within the last 6 months.

We are recruiting professionals to take part in a 60-90 minute virtual focus group to share their perspectives on the impact of the ketogenic diet (KD) on key outcomes.

We want to hear your professional views on how the ketogenic diet impacts children, specifically focusing on:

- Quality of life
- Behaviour
- Sleep
- Social Functioning

Your input will directly refine the outcome measures used in future research and clinical practice, helping to better capture the full scope of the KD's effects on children's lives.

Express your interest:

Go to the link below or email

zoe.simpson@plymouth.ac.uk with a brief outline of your role and relevant experience



**UNIVERSITY OF
PLYMOUTH**

MO'S WINTER WARMER RECIPES

FOR MORE RECIPES FROM MO SEARCH ONLINE 'MATTHEW'S FRIENDS RECIPES'



SAUSAGE BAKE

INGREDIENTS

- 130g Sausages – BLACK FARMER PREMIUM
- 20g Vegetable oil
- 100g Celeriac - boiled
- 35g Spring onions
- 30g Mushrooms
- 15g Mature cheddar cheese You will also need ¼ KNORR chicken stock cube, dissolved in 100mls of hot water, 3g GIA garlic and tomato paste and some dried herbs.

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- Slice the mushrooms, grate the cheese and set aside.
- Heat half the oil in a small frying pan, fry the sausages for 10 minutes, then cut into thick slices and place in an ovenproof dish.
- Add the remaining oil to the frying pan, fry the onion and mushrooms until soft, add the GIA paste and a pinch of herbs.
- Place the onion mix on top of the sausage and add enough of the stock to almost cover it.
- Slice the cooked celeriac and lay across the top.
- Sprinkle with the grated cheese.
- Bake for 20-25 minutes.

MO'S TIP:

You can use your preferred brand of gluten free, low carb sausages. This dish can be prepared ahead and finished in the oven when needed. If it comes straight out of the fridge it will need 30-35 minutes in the oven



MKD 4.38G CHO TOTAL

FAT: 51.65G
CHO: 4.38G

PROTEIN: 25.19G
KCAL: 583

STUFFED FLAT BREAD

INGREDIENTS

- 20g Onions
- 20g Green capsicum peppers
- 20g Red capsicum pepper
- 25g Panda flour V2
- 30g Mushrooms
- 20g Mature cheddar cheese
- 10g Golden omega milled flaxseed – VIRGINIA HARVEST
- 20g Vegetable oil You will also need some seasoning, approximately 100mls water, some GIA garlic paste and dried herbs.

METHOD

- Slice the onions, pepper and mushrooms, grate the cheese and set aside.
- Mix the Panda flour, flaxseed, and a little salt with enough water to form a soft dough.
- Roll into a 7 inch / 18cm round, it doesn't have to be a perfect shape.
- Heat a frying pan, when HOT cook for approximately one minute each side. Set aside.
- Heat the oil in a frying pan and cook the onion, GIA garlic paste and pepper for a minute, add the mushrooms and herbs, cook until tender.
- Turn off the heat and stir the grated cheese into the mixture.
- Fold the flatbread in half and add the filling.

MO'S TIP:

If you prefer something spicy, you could omit the herbs and add some chilli. This is a vegetarian dish, but you could swap the cheese for meat if preferred, bacon would be nice.



MKD 5.52G CHO TOTAL

FAT: 32.31G
CHO: 5.52G

PROTEIN: 9.92G
KCAL: 352

A NOTE FROM MO:

Since writing my original recipes using Panda flour they have updated the values. The original values were FAT: 5.80g PRO: 8.20g CHO: 9.20g. The updated version which they referred to as V2 (Version 2) is FAT: 3.80g PRO: 7.10g CHO: 9.20g. Luckily the carb content is unchanged but the fat has been reduced also the protein. If you still have the original Panda flour you can still use it for my new recipes but you will need to adjust the values accordingly. You will still find it absorbs more liquid than other flours so my tip in the Autumn newsletter is still valid.

CHILLI BEEF WITH CAULI RICE

INGREDIENTS

- 114g Minced beef
- 50g Chopped tomatoes - NAPOLINA
- 60g Cauliflower
- 25g Vegetable oil
- 7g Butter
- 20g Spring onions
- 5g GIA garlic and tomato paste
- You will also need salt and pepper to taste, ¼ teaspoon chilli powder or to taste some dried marjoram and a little water.

METHOD

- Grate the cauliflower, weigh it and set aside.
- Chop the onion and fry gently in the oil until soft, then add the chilli powder with the minced beef, fry for a few minutes.
- Add the GIA paste, tomatoes, a good pinch of marjoram and seasoning with a little water, simmer for 15 minutes.
- Melt the butter in a small frying pan and add the cauliflower, stir well to absorb the butter then add 50mls of water to create a bit of steam, you don't want to boil it!
- Season with a little salt and a pinch of herbs if liked.
- When the water has evaporated, serve the cauli rice with the beef.



MKD 5.03G CHO TOTAL

FAT: 49.74G

CHO: 5.03G

PROTEIN: 24.95G

KCAL: 568

GINGER PUDDINGS WITH TOFFEE SAUCE

INGREDIENTS

- 50g Butter
- 46g Eggs
- 30g Ground almonds
- 30g Double cream
- 10g Panda flour V2
- 65g SOFT BROWN sweetener – I used TRUVIA BROWN, but SUKRIN GOLD is also good
- You will also need 3g of low carb gluten free baking powder, and 1 teaspoon of ground ginger.

METHOD

- Pre heat oven to 180c / fan 160c / gas 5. Reserve 35g of brown sweetener, 20g of butter and 35g of cream.
- Mix together the ground almonds, Panda flour, baking powder and ginger.
- Soften or melt 30g of butter and add to the almond mixture with the beaten egg.
- Place in TWO prepared muffin moulds or mini pudding basins.
- Bake for 15-20 minutes until risen and firm.
- Meanwhile, add the reserved cream, butter and sweetener to a small pan and gently bring to a simmer, stirring until the sweetener has dissolved.
- When the puddings are ready, pour over the toffee sauce and serve.



CLASSICAL 4.47:1 RATIO

FAT: 77.52G

CHO: 3.77G

PROTEIN: 13.59G

KCAL: 767

ONE pudding with HALF the sauce will give:
38.75g fat / 6.75g protein / 1.85g CHO

ONE pudding with ALL the sauce will give:
54.52g fat / 7.00g protein / 2.00g CHO

MO'S TIP:

This makes two portions, you can freeze one of the puddings (without the sauce), BUT only make half the toffee sauce, unless you fancy a rich dessert.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES
PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

WELCOME TO A NEW MEMBER OF OUR MEDICAL ADVISORY BOARD

We're excited to announce that Eva has joined the team at Matthew's Friends and very much look forward to working with her as part of our Transition/Adult KDT Focus Group.



Eva Partridge RD

Specialist Ketogenic Dietitian and Guest Lecturer at UCL University College London Hospitals

Eva Partridge runs the Adult Ketogenic Diet Therapy service at the National Hospital for Neurology and Neurosurgery alongside Dr Murphy, IMD Consultant.

She has been a registered dietitian for 15 years and has worked across the specialist areas of critical care nutrition and artificial nutrition support.

Eva is an active member of the Ketogenic Dietitian's Research Network and is currently working on projects around the process of transitioning from paediatric to adult services and supporting students to complete research into the metabolic effects of ketogenic diet therapy.

Since moving from critical care dietetics into ketogenics and observing the life changing improvements that are possible, Eva is committed to expanding services for adults who wish to use ketogenic diet therapy to manage their health.



All our Medical Advisory Board members can be viewed on our website [here](#)

HOPE FOR EPILEPSY AWARDED THE KING'S AWARD FOR VOLUNTARY SERVICE

We are absolutely thrilled to share that our friends, HOPE for Epilepsy, have been awarded the King's Award for Voluntary Service which is the highest award given to voluntary groups in the UK!

This amazing award reflects the hard work and commitment of HOPE's Trustees, Advisors, and the volunteers who dedicate their time and energy to truly make a difference in the lives of those they support!

We would like to extend our heartfelt congratulations to all involved in Hope for Epilepsy for this well-deserved award!



VISIT HOPE FOR EPILEPSY WEBSITE HERE ➞

FREYA FOUNDATION FAMILY WEEKEND



Welcome to The Freya Foundation Family meet up 2025



Julie, Mo and Val were lucky enough to spend some time at the Freya Foundation annual Family weekend!

We were updated on the Natural History study from Prof Shamima Rahman, UCL GOS Institute of Child Health.

[VISIT: RESEARCH - THE FREYA FOUNDATION HERE](#) ➞

Thirty-nine families from The Freya Foundation helped Prof Rahman and her team to develop a useful information sheet, explaining what PDH is, diagnosis, causes, outlook and possible treatments, including KDT

KDT was found to be beneficial in 39%, with benefits extending beyond seizure control.

The earlier started the better and with diagnosis even possible in utero, that is becoming more of an option. Prof Rahman is also making progress towards PDH being one of the conditions tested at birth as part of 'The Generation study'.

[VIEW THE GENERATION STUDY HERE](#) ➞



Research is ongoing in the field of gene therapy, moving forward slowly. There are also plans in progress, towards treatment guidelines with worldwide collaboration.

Julie Fountain MF CEO gave a presentation about how MF can help with resources, guidance and support for those families following KDT. We had lots of interest on our stand, particularly to taste Mo's tasty treats. The star being a delicious Halloween cake! One parent commented in surprise 'It's just like 'normal' cake'!

All recipes are available on our website!



EKM (ELECTRONIC KETOGENIC MANAGER) UPDATES!

We're pleased to share that recent improvements and updates have been made to EKM (November 2025), below is a summary of these:

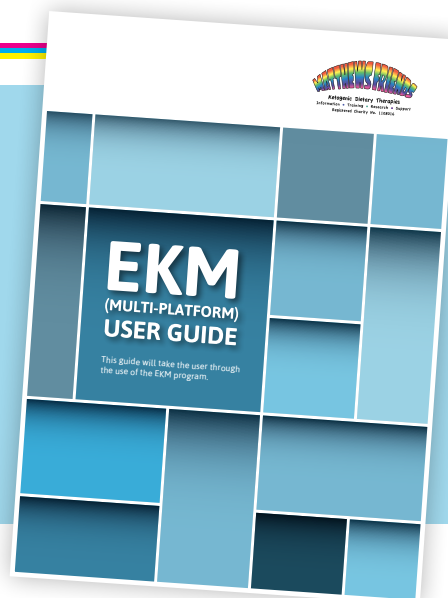
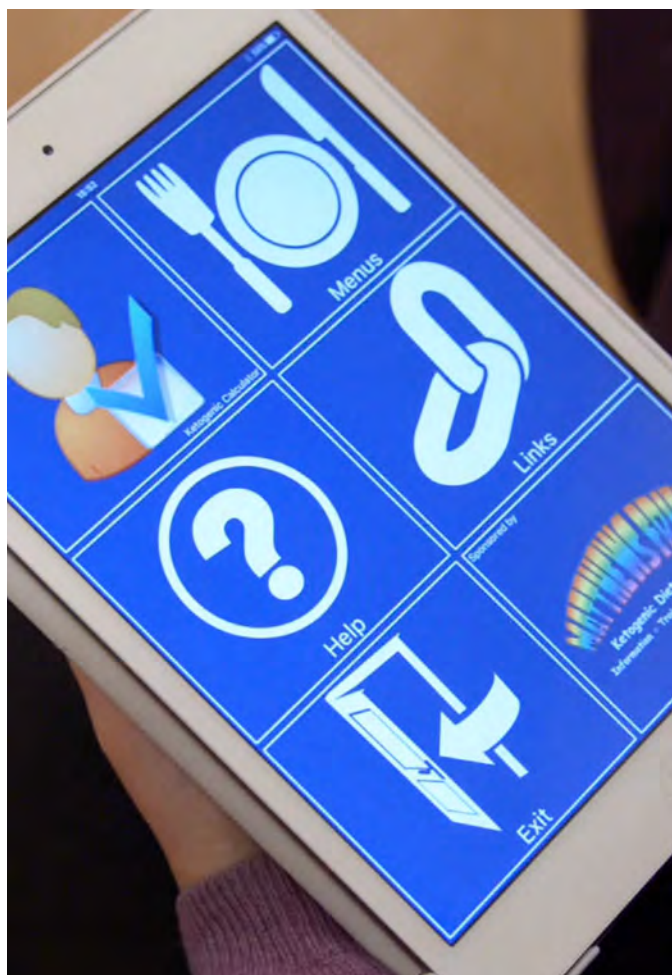
WINDOWS 2.23

IPHONE 2.22

MAC 2.17

ANDROID 2.24

- Icons updated to have a clearer and more modern look.
- When editing any numeric amount the entry is now done via the keyboard rather than the keypad.
- EKM-Desktop for Windows automatically checks for new updates when opened. The old mechanism has been removed.
- A What's New button has been added to the drop-down menu.
- When using Print/Email the PDF file created is given the same name as the menu. Any illegal characters are replaced by an underscore.
- When searching for products entering two words, separated by a space, will now result in a list that contains either words.
- When generating a PDF of a menu it is now opened in an internal window rather than using the default PDF viewer. This is also used to view the help file. An email button has been added which will open your default email client with the PDF as an attachment. It cannot be guaranteed that this will work as you may not be using mapi and it can also be blocked by your IT department.
- Inc/Dec buttons will continue to increment/decrement the amount for the selected row while the buttons remain pressed.
- Menu rebalance function completely rewritten. It adjusts each menu item amount scaling the whole menu and then swapping tiny amounts between items until the menu's fat, protein, and carbs match the targets. The Fat, Prot and Cho difference boxes can now be clicked to only change that element of the menu. The left side decrements it by 1g and the right side increments it. The difference will continue to increment/decrement (rebalancing the whole menu) while either side remains pressed.
- A Help button has been implemented on most screens.



Updates are made possible by support from Matthew's Friends charity and Vitaflo.

EKM is provided freely to patients following a medically-supervised Ketogenic Dietary Therapy.

FOR MORE INFORMATION ABOUT EKM VISIT THE WEBSITE HERE →

For EKM support email
support@ekmketocalc.com



Medical Ketogenic Diet Support Forum



DON'T FORGET TO JOIN OUR PRIVATE FORUM

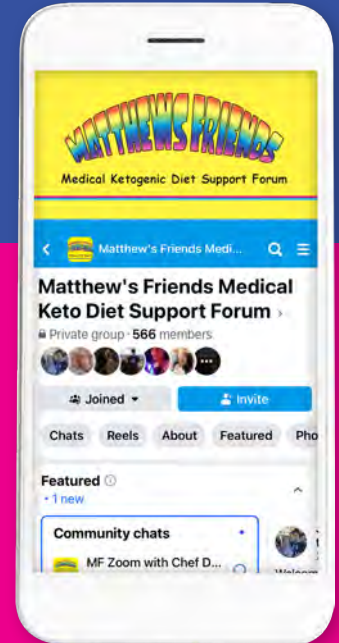
[CLICK HERE TO JOIN](#)

FORUM CHAT NIGHTS – PLANNING AHEAD

This year we have had some amazing speakers on the forum chat nights!

- On 11th November we had Chef Derek speaking about My KetoPlanner updates and much more.
- Top adult neurologist Mackenzie Cervenka with her very experienced dietitian Bobbie Henry-Barron running an 'Ask the experts' session on 25th November.

If you missed either session or any of our past expert speaker recordings, they are available for members to watch at their leisure!



WHAT ABOUT 2026?

- Chef Derek has promised us a cooking session pre-Easter!
- Who else would you like to hear from?
- What topics would you like covered?

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

[CLICK HERE TO JOIN](#)

KETO CHRISTMAS

Now that Halloween and Bonfire Night are done, we all know that Christmas is just around the corner which, although the season of 'good will' can also be the season of stress and worry, especially when you throw a KDT into the mix.

Well, fear not, we have a very helpful article written by Val that gives lots of useful hints, tips, and pointers to help!

[READ VAL'S 'CELBRATION TIME' FEATURE HERE](#)



DRAVET SYNDROME UK CONFERENCE

LONDON- NOVEMBER 2025



Julie and Val attended the Dravet UK conference in London. The conference was split into a day for professionals followed by a day for families.

Professor Cross chair of the Dravet UK and MF medical boards, set the scene on day one with an overview of how research and the discovery of the SCN1A gene led to the knowledge of what treatments should be avoided and the development of new treatments.

Over the two days we heard from the dedicated experts, neurologists, researchers, psychologists and an epilepsy nurse. They were all in agreement that when helping and considering treatments for Dravet Syndrome the focus must go beyond seizure control. A natural history study is collecting information that is helping the experts to understand what is most important to the families and helps guide treatments.

SCN1A HORIZONS: A NATURAL HISTORY STUDY OF SCN1A-RELATED EPILEPSIES IN THE UK



Dr Archana Desurkar, Professor Helen Cross and Julie Fountain

We were so impressed at how much progress has been made in terms of disease modifying treatments. Please visit Dravet UK to learn about the projects that are ongoing and which centres are involved. Galia Wilson and her amazing team at Dravet UK should feel so proud that all their hard work enabled them to support/fund the professionals in their work!

[VISIT THE DRAVET SYNDROME UK WEBSITE HERE](#)

DRAVET SYNDROME AND ADULTS

Although much of the ongoing research is based around children, Professor Sanjay Sisodiya, neurologist at the UCL institute, the National Hospital London was there to champion adults.

He was explaining the importance of genetic testing in adults because of the advances and knowledge around treatments. Prof Sisodiya is very keen that adults should be included in the research studies.

NEW APPLICATIONS FOR RESCUE MEDICATIONS

Professor Sameer Zuberi, consultant paediatric neurologist at the Royal Hospital for Children in Glasgow mentioned that a nasal and an inhaler version of benzodiazepines will soon be available as an alternative application to administer rescue medications.

We have come a long way from the days of rectal diazepam. Buccal midazolam was indeed welcomed by many families and professionals alike, but it is not the answer for all, and other options of delivery will, I am sure, be welcomed too!

BRAND NEW RESOURCES TO SUPPORT PATIENTS, HOSPITALS AND SCHOOLS

VISIT MATTHEWSFRIENDS.ORG FOR MORE DETAILS



Unleash new adventures with the Keto Klub!



Discover a more flexible, versatile and tasty way to enjoy a ketogenic diet with the support of K.Flo, K.Quik, and K.Yo. Our Keto Klub will be there to support you through every step in your journey and help make mealtimes fun!

Contact your healthcare professional for more information on our ketogenic nutritional products; K.Flo, K.Quik, and K.Yo.



Please scan the QR to request your sample:



Enhancing Lives Together

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

K.Flo is for the dietary management of epilepsy, neurometabolic disorders (i.e. Glut 1 deficiency syndrome) and other conditions requiring a ketogenic diet. It is suitable for use as a sole source of nutrition from 3 years of age.

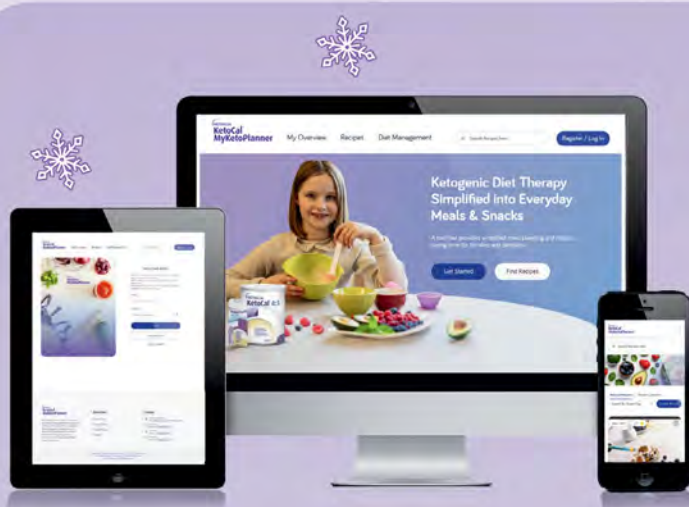
K.Yo is a ready to eat semi-solid food with a 3:1 fat to protein and carbohydrate ratio, for the dietary management of epilepsy in a ketogenic diet, Glut 1 deficiency syndrome or other conditions requiring a ketogenic diet. It is suitable from 3 years of age onwards.

K.Quik is a ready to use liquid emulsion of MCT. It is for the dietary management of conditions requiring a source of medium chain triglycerides (MCT) including use in a ketogenic diet. It is suitable from 3 years of age onwards.

Try MyKetoPlanner Today!

For festive treats and
recipe inspiration

Create, customise & share
meals that fit your lifestyle



Now on a
smarter platform!

NUTRICIA
Ketogenics

NUTRICIA
MyKetoPlanner

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



SCAN ME

Your Voice Matters: Share Your Experience with the Ketogenic Diet!

Are you a parent, carer or guardian of a child
with drug-resistant epilepsy following the
ketogenic diet?



Eligibility Criteria

You must be a parent or legal guardian who meets all three criteria:

- You have a child (of any age) diagnosed with drug-resistant epilepsy.
- Your child is currently, or has been, following the ketogenic diet in the last 6 months.
- You are willing to openly discuss the impacts of the ketogenic diet on your child's behaviour, sleep, quality of life, and social functioning.

We want to hear about your child's life while on the diet, focusing on key areas that directly affect your family:

- **Behaviour and Mood:** Changes you've observed in your child's day-to-day conduct.
- **Sleep Quality:** How the diet seems to affect their sleep patterns.
- **Quality of Life:** The overall impact on your child's happiness and well-being.
- **Social Functioning:** How the diet affects social activities, school, and interaction with others.

The Goal: Your feedback will help researchers and clinicians improve the outcome measures they use. This means future studies and clinical assessments will better capture the challenges and benefits you experience every day.

Express your interest:
Go to the link below or email
zoe.simpson@plymouth.ac.uk with a brief
summary of your experience with KD



**UNIVERSITY OF
PLYMOUTH**

FUNDRAISING FOR MATTHEW'S FRIENDS

We are so grateful in these difficult times for the kind support and generosity of you all.

Please like and follow us on **f Matthew's Friends** and **X @matthewsfriends** for up to date news on all our events. Please support us and request an MF fundraising pack today from enq@matthewsfriends.org

OXTED PRAM RACE SUNDAY 22ND JUNE!

Matthew's Friends supports the Oxted Rotary Club's Pram Race by providing the trophies for the winners. Rich and Greg were also amongst those collecting donations during the event. All proceeds from the race are distributed among local charities, and this year we are thrilled to have received a cheque for £500!

Many thanks to all involved with the Oxted Pram Race Committee and the Oxted Rotary Club, your donation will be put to very good use!



Oxted Pram Race
Organized by the Oxted Rotary Club Charitable Trust



FAMILIES LIVING WITH DRUG-RESISTANT EPILEPSY FACE FRIGHTENING UNCERTAINTY EVERY DAY.

For many, the medical ketogenic diet offers real hope- yet getting started can be overwhelming and costly. Matthews Friends provides essential Keto Starter Packs that give families the tools, guidance and confidence they need to begin this life-changing therapy.

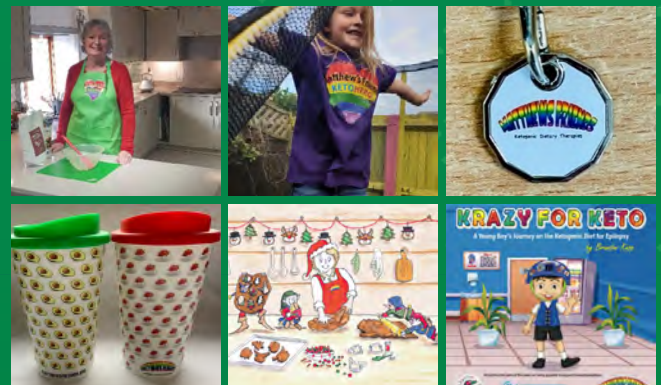
Your donation can put a starter pack directly into the hands of a family in need, opening the door to better seizure control and a brighter future.

Please consider giving today – your support can change a life.

DONATE TO HELP VIA OUR JUSTGIVING PAGE ➔

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.matthewsfriends.org/matthews-friends-shop/products



The Krazy for Keto Book written by Brandon about his own epilepsy journey is available to buy on [Amazon](https://www.amazon.co.uk) with all profits kindly being donated to Matthew's Friends

If you would like to get involved and help us in any way, please contact the Matthew's Friends office on **01342 836571**, or email enq@matthewsfriends.org. Every penny helps us to make the difference to the many families and Ketogenic centres we support. Please help us to continue our work and extend our services through 2026 and beyond, thank you.