KETOGENIC THERAPIES

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

MATTHEWSFRIENDS.ORG

In Memory of Professor Jong M. Rho. A Pioneer, Mentor and Friend to the Ketogenic Community.

SEE PAGE 4 FOR OUR TRIBUTE TO DR RHO.

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AND MUCH MORE!

INTERNATIONAL NEUROLOGICAL KETOGENIC SOCIETY
www.neuroketo.org

VISIT WEBSITE CLICK ON GLOBAL SYMPOSIUM & APPLY TO HOST

APPLICATIONS ARE WELCOME

TO HOST THE 10TH GLOBAL SYMPOSIUM ON MEDICAL KETOGENIC THERAPIES IN 2028

CLOSING DATE FOR EXPRESSIONS OF INTEREST 30 SEPTEMBER 2026

For more information scan the QR code or ✉: globalketo@neuroketo.org

VISIT WEBSITE

COMING SOON

An update of our popular Colour & Shine Guide!

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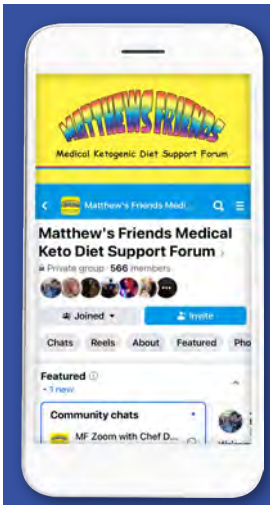
Matthew's Friends are proud to be founding patrons of the International Neurological Ketogenic Society (INKS) together with The Charlie Foundation in the USA. This society is bringing Ketogenic experts together from all over the world.

INTERNATIONAL NEUROLOGICAL KETOGENIC SOCIETY
www.neuroketo.org

MATTHEWS FRIENDS
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

CONSIDER A MEDICAL KETOGENIC DIETARY THERAPY

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

GREAT NEWS UPDATE FOR GREG!

10 YEARS SEIZURE-FREE!

By Val Aldridge, Mum to Greg, MF Trustee & Ketogenic Family Support

We're delighted to share some wonderful news about Greg, who has now been 10 years seizure-free.

"I never would have believed it possible all those years ago."

Greg followed a Ketogenic Dietary Therapy (KDT) for five years, from the age of 8 to 13. Our family cannot imagine where Greg would be today if we had not found ketogenic therapy.

Now 31, Greg is enjoying a wonderful summer filled with the things he loves most – football, the gym and, above all, golf. And this summer has been made even more special by Greg achieving something every golfer dreams of: his very first hole-in-one!

An exciting new chapter at work

There is more fantastic news too. Greg has volunteered with Young Epilepsy on and off for several years, and from September he will take the next step by becoming a paid **PE Assistant, working four days a week.**

Our family couldn't be more thrilled at how far he has come.

Greg's journey is a wonderful reminder of what can be possible when the right treatment and support are found. We hope his story can inspire other young people and families living with epilepsy and considering their treatment options.

Congratulations, Greg – and here's to the next 10 years!

Read more about Greg's journey on the Matthew's Friends website: Greg's Story.

[View Greg's story here]

UPDATES TO OUR KDT EVIDENCE/ INFORMATION SHEETS

Evidence/Information sheets are written by members of our Medical Advisory Board for patients and families to share with their GP/ medical team and to educate new health professionals at conferences where Matthew's Friends attend to spread the word about Ketogenic Dietary Therapies (KDT).

Watch out for updates coming soon:

- KDT and anti-seizure medications
- KDT and cancer

CLICK HERE TO DOWNLOAD

IN MEMORY OF PROFESSOR JONG M. RHO

By Julie Fountain, CEO Matthew's Friends

On 22nd July 2026, the ketogenic community sadly lost one of its most dedicated and influential advocates, Professor Jong M. Rho.

Professor Rho was a pioneering clinician-scientist whose work helped significantly advance our understanding of Ketogenic Therapies for epilepsy and Glucose Transporter Type 1 Deficiency Syndrome (GLUT1DS). His research, clinical expertise and commitment to collaboration had a profound influence on the field, both in North America and internationally.

At Matthew's Friends, we were privileged to work with Professor Rho from our earliest days. He was a guest speaker at one of our first international conferences, held at Gatwick, UK, in 2007. More than 140 health professionals and 160 family members attended, and looking back at the feedback from that meeting, it is clear how much his presentation resonated with those fortunate enough to hear him.

KetoPAG UK 2007.

Dr Rho's presentation, **'Current Views on Mechanisms of Action'** of the Ketogenic Diet, was particularly well received:

"Basic science is important! Great presentation, professional delivery."

"An excellent presentation of such complex information."

Over the following two decades, we had the great pleasure of working alongside Professor Rho as the Global Symposia on Ketogenic Therapies developed into an important international meeting for the field. From the first symposium in Phoenix in 2008 through to the most recent meeting in Paris in 2025, Professor Rho played a significant role in the planning, scientific programmes and development of the series.

Professor Rho was also instrumental in the creation of the International Neurological Ketogenic Society (INKS), a professional society established to promote the science and practice of ketogenic and related metabolism-based therapies for neurological disorders.

In late 2017, during the American Epilepsy Society meeting in Washington, a small group of us met with Professor Rho to discuss how we could formalise the international community and establish a professional society for those working in the field. Those early conversations ultimately led to the official launch of INKS at the Global Symposium on Ketogenic Therapies in Brighton in 2021.

Presenting at the 2021 Brighton Global Symposium.

INKS planning meeting AES Washington 2017.

Professor Rho's contribution to the advancement of Ketogenic Therapies cannot be overstated. Through his scientific leadership, clinical expertise, mentorship and willingness to collaborate across disciplines and borders, he helped shape the field as we know it today.

For Matthew's Friends however, Professor Rho was more than a respected scientist and colleague. He was also a friend. We feel enormously privileged to have shared so many years of work, conferences, discussions and, importantly, friendship with him.

We extend our deepest sympathies to his family, friends, colleagues, students and the many people around the world whose lives and work he touched.

Professor Jong M. Rho leaves an extraordinary legacy in the field of Ketogenic Therapies, and his contribution will continue to influence generations to come.

To learn more about Professor Rho's work and to support the Professor Jong M. Rho Memorial Fund, established by INKS to support young investigators through bursaries and scholarships, please visit the INKS website.

PROFESSOR JONG M. RHO MEMORIAL FUND

Professor Helen Cross & Professor Jong Rho, Brighton 2021.

INKS Executive Committee, Paris Global Symposium September 2025.

EPILEPSY RESEARCH INSTITUTE UK RESEARCH SUMMIT

VAL AND JULIE ATTENDED THE SUMMIT

Julie and Val attended with our Matthew's Friends Ketogenic Dietary Therapies (KDT) exhibit table, at the Royal College of Physicians in July. The theme of the Research Summit, as Rosemary Pardington, CEO of Epilepsy Research Institute UK explained was, 'So What?'.

'So What?'... as in the need to look at the research being done and think about how it becomes meaningful to the families affected by epilepsy. In essence research should ultimately make a difference to people with epilepsy and improve their quality of life. It is also important to academia and industry, for those researchers in the background to give meaning to their work.

We heard from Adam Clatworthy, who with his wife Jess, founded the CRELD1 Warriors Foundation to help further research into CRELD1, the extremely rare condition that profoundly changed their lives when 2 of their children, after much research of their own, were diagnosed with CRELD1.

Adam works with Genomics England, ensuring that research is always patient centred.

Matthew's Friends and The CRELD1 Warriors Foundation are part of The Rare Epilepsy Together UK (UKRET) group. **UKRET – #StrongerTogether** help rare conditions like CRELD1 to have a bigger voice and to take part in research on a larger scale as part of the rare epilepsies' community. To learn more about CRELD1 please visit the Warriors website. **Creld1 Warriors - Alone We Are Rare, Together We Are Strong**

Digital Twins in Brain Medicine and Epilepsy

A presentation by Professor Viktor Jirsa, Director Institute for Neurosciences, Marseille.

This is where technology becomes rather like Star Trek! The research is incredible; he explained that his research was based on software programs that can scan the brain to learn in great depth about its structure and function. Further than that by using the software to learn about a person's brain when they have epilepsy it can compare it with a twin 'normal' brain. The aim is to use this technology to test both existing and future treatments for epilepsy.

Here is a link to read more about this amazing work going on!

Principles and Operation of Virtual Brain Twins | IEEE Journals & Magazine | IEEE Xplore

Digital twins. The future of personalized epilepsy care - ScienceDirect

Sodium Valproate/Epilim/ Depakote Safety

Although we are all about KDT, we know that most patients on KDT remain on some antiseizure medications (ASMs), Valproate being a very common one and for many a very effective ASM. Valproate is metabolised along similar pathways to KDT and is linked with causing carnitine deficiency in some patients. As carnitine helps to metabolise fat, low carnitine may mean it's harder to produce ketones, thus you would think it best not to use Valproate with KDT. As with most epilepsy treatments though, Valproate often appears to work well alongside KDT. As always, treatment is individual.

There have been ongoing concerns about using Valproate for females of childbearing age for some years. It is now only prescribed in 'special' cases. Next came a concern around Valproate possibly causing infertility problems in men...

Dr Gashirai Mbizvo, NIHR Academic Clinical Lecturer, Liverpool University. Reported on a study he has been involved with; Investigating and Optimising the Safety of Discontinuing Valproate in Young men and Women with Epilepsy. This was following concerns that for some patients, when Valproate is being withdrawn or not offered when it could have worked well, that the alternative of more seizures and the impact on quality of life and safety is not a good option.

Dr Gashirai was also able to inform us that the evidence around Valproate causing infertility in men had not been substantiated with research.

FURTHER READING BELOW:

A retrospective cohort study of valproate and infertility in men with epilepsy or bipolar disorder using international health data | Nature Communications

An international study to investigate and optimise the safety of discontinuing valproate in young men and women with epilepsy | Epilepsy Research Institute

We appreciate the opportunity to attend meetings like these, hearing from experts in the epilepsy research community and sharing information about KDT and Matthew's Friends.

Epilepsy Specialist Nurses Association (ESNA) Conference

Val and Richard attended the ESNA conference in Cardiff.

It was a busy conference and there was a good deal of interest at the MF stand. KDT and adults was by far the most discussed topic, with a lot of interest from nurses working in the field of adult learning disability.

We also spoke to several nurses who work in training around epilepsy, looking for information to pass on to their students, to be used as part of an overview around epilepsy treatments. MF recently put together a KDT information sheet specifically for ESNA, which came in very handy to share as a training resource.

There was a wide range of stands, charity, pharma and diagnostics. It was great to catch up and learn of the latest innovations in seizure monitoring.

- A new device, yet to be launched, a bit like a hearing aid that picks up electrical activity in the brain, like an EEG. Worn during the day it could pick up an imminent seizure and send an alert, giving the person a warning to maximise safety by, for example, sitting or lying down, stopping cooking, putting their baby down or moving away from a busy road.
- A more established monitor I had not seen previously was NightWatch+, watch as in observe, it's a band that is worn overnight on the upper arm. A seizure alarm but also a seizure tracker, monitoring seizures over time, which can be shared with your medical team. Not cheap though! For more information visit www.epilepsyalarms.co.uk

Technology has come a long way. We await a Star Trek like food replicator to make keto meals to prescription please!

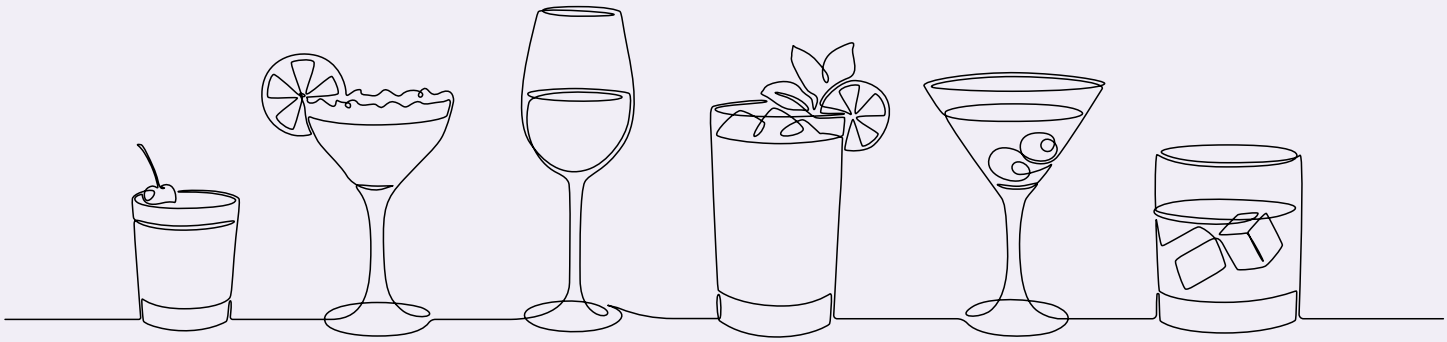
Supporting Ketogenic Families in Bristol

We were delighted to support a recent ketogenic family get-together for families under Bristol Royal Hospital for Children Ketogenic Diet Service.

Matthew's Friends provided free goodie bags and helpful information to support families following a ketogenic dietary therapy. Events like this provide a valuable opportunity for families to come together, share experiences and practical tips, and connect with others who understand the challenges and rewards of ketogenic therapy.

We are proud to support initiatives that bring ketogenic families together and help ensure they have access to trusted information and ongoing support.

Congratulations to the Ketogenic Dietitians, Nutricia and everyone involved in organising the get-together and to all the families who went along!



MEDICAL KETOGENIC DIETARY THERAPY (KDT) FOR EPILEPSY – ALCOHOL

By Val Aldridge, Ketogenic Family Support.

Epilepsy, antiseizure medications (ASM's), KDT and alcohol, sounds like a cocktail you would not want to try!

However, like food, alcohol is often linked to special occasions and socialising. Some adults, and those approaching adulthood while following KDT, may therefore want guidance on how to drink alcohol safely and maintain dietary stability.

As always with epilepsy, individuals will react differently!

Epilepsy and Alcohol

- Alcohol may be a seizure trigger.
- Alcohol may upset sleep which could be another seizure trigger.
- Alcohol may react with ASM's.

To learn more about epilepsy and alcohol you could visit NHS or Epilepsy Action websites.

Alcohol advice - NHS

Alcohol and epilepsy - Epilepsy Action

Alcohol And KDT

There are specific considerations when thinking about drinking alcohol on KDT. Questions we put to Robin Williams, Professor of Molecular Cell Biology at Royal Holloway University, and a member of Matthew's Friend Medical Advisory Board.

- Does alcohol affect fat metabolism causing a drop in ketosis?
- Does KDT effect how long alcohol takes to metabolise?
- Why do we crave carbohydrate (CHO) foods after a couple of drinks? Is it just a will power thing or related to glucose levels dropping?

ALCOHOL AND KETOSIS What You Need to Know

Professor Robin Williams explains the science

- Alcohol can temporarily affect how the body produces ketones. The liver is responsible for both processing alcohol and making ketones. Because the body cannot store alcohol, the liver prioritises breaking it down. During this time, fat burning and ketone production can slow down.
- The effect depends on how much alcohol is consumed, whether you have eaten, and how well adapted you are to a ketogenic diet. A small amount of alcohol, such as a glass of wine, may cause a temporary drop in ketone levels, which should return to normal once the alcohol has been processed. Larger amounts may have a longer-lasting effect.
- Alcohol can also make it harder to stick to a ketogenic diet. It can increase appetite and cravings, particularly for high-carbohydrate foods, while also reducing decision-making and self-control. This can make it easier to reach for foods that are not part of your usual ketogenic diet.
- There is also some early research suggesting that being on a ketogenic diet may change how the body processes alcohol. An animal study found higher blood alcohol levels in rats following a ketogenic diet compared with rats given the same amount of alcohol on a standard diet. However, we do not yet know whether the same is true in people, so more research is needed. This is another reason to be cautious with alcohol when following a ketogenic diet.

GLUT1 Deficiency Syndrome (GLUT1DS)

- For people with GLUT1DS, there may be an additional concern. Research suggests that long-term alcohol exposure can reduce GLUT1, the protein responsible for transporting glucose into the brain. As people with Glut1DS already have reduced glucose transport to the brain, alcohol could potentially make this energy shortage worse. More research is needed to understand the effects in people with Glut1DS.
- **In summary:** Alcohol can temporarily reduce ketone production, may increase cravings for carbohydrates, and could potentially have additional effects in Glut1DS. If you are following ketogenic therapy for epilepsy or another medical condition, it is important to discuss alcohol with your ketogenic therapy team.

For the fully referenced more scientific version please get in touch with Val. **val@matthewsfriends.org**

So, from the science we can see.....

- Alcohol affects fat metabolism and can cause a drop in ketosis!
- KDT may affect how long alcohol takes to metabolise, so you may feel 'tipsy' quicker!
- Craving carbohydrate foods after a couple of drinks is not just down to a lack of will power!

If you haven't at this point decided to go completely teetotal, we will move on with the practicalities.

Avoiding the High CHO Alcohol

The amount of CHO in wine depends on the amount of sugar remaining after fermentation. The values also vary from one website to another. Avoid sweet wines or fortified wines as they contain more carbohydrate.

The Practicalities

Food labels are not required by law for alcohol in the UK. In the world of Medical KDT where we like to know exactly how much carbohydrate is in everything consumed, this can cause anxiety.

You will need to be aware of how strict you need to be to maintain stability. You also need to be wary, just as you do with the food on KDT, of the often-well-meaning individuals and online informers, whose concept of KDT can be much more liberal than those following a medical KDT.

- If you are drinking alcohol for the first time it may be sensible to try a drink in safe surroundings with family or good friends in case you are particularly sensitive.
- Moderation is key to avoiding side effects.
- Keeping hydrated with water and making a meal or snack part of your special occasion will reduce emphasis on the alcohol.
- Be aware that low/no alcohol wines, beers and some spirits may have a high CHO content.

Dry Red wine 125ml glass	0 – 4 g CHO	100 -125 calories		Some may enjoy adding sugar free lemonade/orangeade and a few berries to make a Sangria
Dry White wine 125ml glass	1 – 3g CHO	95 – 120 calories		Add sugar free lemonade or soda/ sparkling water to make a longer 'Spritzer' drink.
Dry Sparkling wine	0.5 – 2g CHO	80 – 100 calories		

There are low CHO, zero sugar, options to buy. A couple of examples are TRACES or SLIM wine red, white, rose and prosecco/Champagne.

TRACES https://drinkwelluk.com/pages/traces-wines

SLIM WINE https://www.slimlinewine.com/

MEDICAL KETOGENIC DIETARY THERAPY (KDT) FOR EPILEPSY – ALCOHOL CONTINUED...

Beer/Lager

Regular beers and lagers are not an option on Medical KDT with as much as 20g CHO in a pint.

There are however some low CHO options. A couple of examples are;

Skinny Lager | 330mls bottles
Morrisons, Tesco and online at Amazon 330mls bottle.

Skinny Lager Premium Bottled Beer
12 x 330ml | Low Calorie Lager, Gluten Free, Vegan & Keto Friendly, 3.4% ABV
76 Calories Per Bottle,
CHO - 3g and Kcals 76 per bottle.
View on amazon

Laguna pale ale
CHO - 1g and 128 Kcals per can.
View here

You could stretch out the drink by making a shandy with sugar free lemonade.

Thanks to MF volunteer Lee Morgan who runs our forum chat for the beer links.

Spirits

Pure spirits are fermented to the point of zero CHO. vodka, gin, white rum, most whiskies are zero CHO. Add a sugar free mixer and you have a CHO free drink – A single 25ml shot will contain around 55 calories. A single spirit shot in Ireland is slightly larger at 35mls.

Just be aware that some flavoured mixers contain more CHO than others. Tonic water is a good example of that. Always check the nutrition labels..

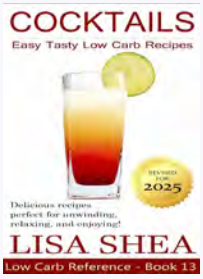
Lots of ice and keep adding the mixers for topping up to keep one shot going longer to enjoy and feel included.

Consider the alternative no alcohol spirits, for example Gordon's no alcohol gin which is not only alcohol free but CHO free. It is also very clearly labelled, including sweeteners.

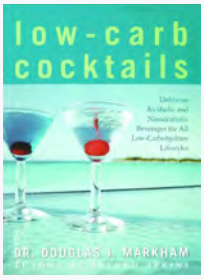
Avoid liqueurs and flavoured spirits like alcopops as they contain a lot of sugar.

Cocktails/mocktails

Some cocktails can be fairly easily adapted to KDT. There are books online, of course they are aimed at people following low CHO for lifestyles and weight loss!



COCKTAILS - EASY TASTY LOW CARB
Low Carb Recipes (Low Carb Reference) eBook.
View here



LOW-CARB COCKTAILS
Delicious Alcoholic and Non-alcoholic Beverages.
View here

HAPPY HOUR COCKTAILS
Low Carb Cocktails Quench your Thirst.
View here

RACES HUGO SPRITZ 5.5%
80 Calories, Sugar Free Ready to Drink Cocktail.
View here

A few low CHO cocktail and mocktail ideas

Hands up I have no idea when it comes to cocktails, so they are adaptations and definitely keto versions!

I used the guide of one shot = 25ml.

Keto Baileys

- Ice
- 1 x shot Irish whiskey
- 20mls Double cream (0.5g carbohydrate + 10g fat)
- 80mls Alpro Soya Light milk
- 5mls Chocolate Skinny Barista syrup
- 5mls Vanilla Skinny Barista Syrup

Keto Mock Baileys

- Ice
- 20mls Double cream (0.5g carbohydrate + 10g fat)
- 150mls Alpro Soya Light milk
- 7mls Chocolate Skinny Barista syrup
- 7mls Vanilla Skinny Barista Syrup

I remember when Rich and I did our MF sponsored 3-month no alcohol challenge. The times I particularly missed having a glass of wine were the special occasions. The Keto Baileys was requested by Emma Slinn for her birthday.

Emma has been on MKD for a couple of years now and wanted to have a special drink that her local pub offered to make for her.

Emma's local really went the extra mile, making her a birthday keto cheesecake and keto nibbles too.

KETO WHITE RUSSIAN

- Ice
- ½ shot vodka
- ½ shot Brandy
- 20mls Double cream (0.5g carbohydrate + 10g fat)
- 80mls Alpro Soya Light milk
- 10mls Tiramisu Skinny Barista syrup

KETO MOCK WHITE RUSSIAN

- Ice
- 20mls Double cream (0.5g carbohydrate + 10g fat)
- 150mls Alpro Soya Light milk
- 10mls Tiramisu Skinny Barista syrup

KETO PINA COLADA

- Ice
- 1x shot White Rum
- 50mls Coconut cream Waitrose Essentials (1.5g carbohydrate + 10g fat)
- 50mls Alpro Soya Light milk
- 10mls Simply Sugar free Pineapple syrup
- Squirt of lime juice

KETO MOCK PINA COLADA

- Ice
- 50mls Coconut cream Waitrose Essentials (1.5g carbohydrate + 10g fat)
- 100mls Alpro Soya Light milk
- 10mls Simply Sugar free Pineapple syrup
- Squirt of lime juice

MEDICAL KETOGENIC DIETARY THERAPY (KDT) FOR EPILEPSY – ALCOHOL CONTINUED...

Other special keto friendly drinks without the alcohol

There is such a wide variety of the sugar free syrups available, you could use your favourite to invent your own special mocktail! Lots of ice, you can get so many different shaped silicone ice moulds!

Mix with cream or coconut cream, low CHO milk drinks or sparkling water, add a slice of lemon or lime, or a couple of slices of cucumber, strawberries or blueberries, top with a cocktail umbrella and name it anything you like!

There are lots of ideas on Amazon

Sugar free Syrup ideas

Skinny Barista – theskinnyfoodco

simply sugar free syrup Search Shopping

Da Vinci sugar free syrup Search Shopping

Add cold tea, coffee or cocoa to ice and add cream and sweetener.

Jazz up sugar free pop or water with the ice, berries lemon/lime cucumber. Use a large, stemmed glass to make the drink look special.

Picky Bits

So, it seems to be a good idea if drinking alcohol to include it at a mealtime or with a snack.

Mo has as always come up trumps with some ideas for 'Picky Bits' to have alongside your drinks and don't forget those simple keto friendly snacks that you can make or buy!

Olives, nuts, cheese crisps, pork cracking/crunch, biltong, cheese cubes, crispy bacon strips, mini sausages (low CHO), satay sticks, chorizo, smoked salmon and cream cheese roll ups. There are low CHO snack options in pubs, supermarkets and online.

Please always check labels and check with your team if you are unsure. These products vary considerably between brands in terms of carbohydrate, protein and fat content and can be highly calorific. Planning ahead can avoid inadvertently over-indulging which could reduce ketone levels and risk seizures.

TASTY SNACKS AND NIBBLES FOR THOSE SPECIAL OCCASIONS!

BY OUR KETO COOK MO

Mo has shared a few of her delicious recipes to help make those celebrations extra special! Who doesn't like some picky bits to nibble on!?

Plus in this issue, Mo has continued her exploration of some of the different flours she has been experimenting with, to make a decent keto pastry.

CHEESE AND BACON PUFFS

INGREDIENTS

- 52g Eggs
- 20g Mature cheddar cheese
- 18g Onions
- 20g Streaky bacon
- 42g Double cream
- 17g Soya flour – Bwfo BRAND
- You will also need ½ teaspoon of mustard powder (optional).

METHOD

- Pre heat oven to 180c/fan 160c/ gas 5.
- Finely grate the cheese, then weigh it.
- Finely chop the bacon and onions.
- Mix everything together, including the mustard powder.
- Divide into 8 mini muffin moulds.
- Cook for approximately 20 - 25 minutes.

MO'S TIP:

I used BUY WHOLE FOODS ONLINE soya (heat treated). They also do a heat-treated toasted variety, which is much higher in carbs so be careful not to buy that by mistake.

I made 8 each puff gives: **5.10g fat / 2.77g protein / 0.60g CHO**

TRIED & TESTED MATTHEW'S FRIENDS

MKD 4.77G CHO TOTAL
0.60G CHO PER TREAT

FAT: 41.04G **PROTEIN: 22.23G**
CHO: 4.85G **KCAL: 477**

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

CHEESE NIBBLES

INGREDIENTS

- 17g Butter
- 14g Mature cheddar cheese
- 29g Golden milled flaxseed – DHILLONS FLOUR MILL
- 7g Ground almonds
- You will also need a pinch of salt and cold water.

METHOD

- Pre heat oven to 170c / fan 150c / gas 4
- Finely grate the cheese, then weigh it.
- Rub the butter into the flaxseed flour and ground almonds, with a pinch of salt.
- Stir in the grated cheese and mix to form a dough, you may need a teaspoon of cold water.
- Roll out evenly, not too thin, between 2 pieces of parchment paper.
- Shape as preferred, I used an assortment of little festive cutters.
- Because they are not very big, they cooked in approximately 10 minutes.

MO'S TIP:

Divide the total recipe by the number of nibbles you make to make it easier to add to the daily meal allowance. These are handy to have available at parties as a replacement to crisps etc.

I made 25 pieces, so 5 pieces will give: **6.99 fat / 2.00g protein / 0.23g CHO**

TRIED & TESTED MATTHEW'S FRIENDS

MKD 1.18G CHO TOTAL
0.23G CHO PER 5 NIBBLES

FAT: 34.99G	PROTEIN: 10.41G
CHO: 1.18G	KCAL: 361

CHEESE AND SALAMI PINWHEELS

INGREDIENTS

- 17g Butter
- 12g Mature cheddar cheese – finely grated
- 4g Psyllium husk
- 7g Ground almonds
- 10g Sundried tomato puree - GIA
- 22g Salami
- 20g Soya flour – Bwfo brand
- You will also need a pinch of salt and cold water.

METHOD

- Pre heat oven to 170c / fan 150c / gas 4.
- Mix together the soya flour, psyllium husk and ground almonds with a tiny pinch of salt.
- Rub in the butter then stir in the finely grated cheese, mix to a dough with approximately 2 teaspoons of cold water.
- Roll out evenly, not too thin, between 2 pieces of parchment paper, the pastry needs to be 21cmx11cm.
- Spread the Gia tomato paste thinly over the pastry then lay the salami on top, covering it evenly, roll up from the long side, roll up firmly.
- Slice into rounds, not too thick. I made 16. Place on a non-stick or lined baking tray and gently flatten them a little, taking care not to make them unwind.
- Cook for 10 – 12 minutes until cooked through. Leave on the tray to cool a little before transferring on to a wire rack to go cold.

MO'S TIP:

You may have to cut the salami to cover the pastry as much as possible. You could use ham in place of salami, but the values will change with lower fat and protein. Nice bitesize treats for bonfire night.

Divide the total recipe by the number of wheels you make which will make it easier to add to the daily meal allowance. If you make 16 little snacks then each one will have: **2.11g fat / 0.98g protein / 0.33g CHO**

TRIED & TESTED MATTHEW'S FRIENDS

MKD 3.96G CHO TOTAL
0.33G CHO PER PINWHEEL

FAT: 36.85G	PROTEIN: 17.28G
CHO: 3.96G	KCAL: 417

MAKING KETO PASTRY

BY OUR KETO COOK MO

To continue my search for a replacement for the Ultrafine Fiber Flour (that is no longer available) I have now tried making pastry. I used the same three flours that I used for the cupcakes. To find out which gave the best result and yield I used the same recipe for each one: 40g of the flour and 18g of butter. You will see how different they looked from the photos.

SUNFLOWER SEED FLOUR

Needed 15mls of cold water. It was a little difficult to handle but stayed intact when removed from the flan tin. It made a 1x 4inch flan case. The texture was good, the colour is not very good for pastry, the taste is a bit unusual.

SOYA FLOUR

Not easy to handle when lining the tin. It needed 15mls of water. It made a 1x 4inch flan case and there was enough dough left to make a lid so this would be good for a pie.

When I tried to remove it from the flan case it fell apart. But the lid stayed intact so it will probably be good for making cheese biscuits. It was nice and crisp with a good colour and tasted OK.

GOLDEN PANDA FLOUR

This gave the best yield as it made 2x 4inch flan cases. It needed 60mls of water. It was easy to handle and stayed intact when I removed them from the flan cases.

The colour was pale in spite of cooking for a few extra minutes. The texture was soft and the taste was OK.

As you will see in the recipes the Soya flour is highest in carbs and fat the Sunflower Seed is highest in protein but lowest in carbs. Golden panda flour gives the best values.

REPLACEMENT

SUNFLOWER SEED FLOUR PASTRY

INGREDIENTS

- 18g Butter
- 40g Sunflower seed flour – GRAPOILA BRAND
- You will also need a pinch of salt and 15mls of cold water.

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- Add a pinch of salt to the sunflower seed flour.
- Rub the butter into the flour then mix to a dough with cold water, I used 15mls.
- Roll out between two pieces of baking paper.
- Cook for approximately 10 - 12 minutes.

MO'S TEST RESULTS:

It was difficult to handle but stayed intact when removed from the flan dish. I used 1 x 4inch flan case.

Colour: not good | **Texture:** good | **Taste:** not very good

MKD 0.83G CHO TOTAL

FAT: 19.88G **PROTEIN: 17.71G**
CHO: 0.83G **KCAL: 253**

MO'S TIP:

Can be used for sweet or savoury tarts, flans & pies.

REPLACEMENT

SOYA FLOUR PASTRY

INGREDIENTS

- 18g Butter
- 40g Soya flour – Bwfo BRAND
- You will also need a pinch of salt and 15mls of cold water.

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- Add a pinch of salt to the soya flour.
- Rub the butter into the flour then mix to a dough with cold water, I used 15mls.
- Roll out between two pieces of baking paper.
- Cook for approximately 10 - 12 minutes.

MO'S TEST RESULTS:

Not easy to handle when lining a flan tin. I used 1 x 4inch flan case, plus made a lid, I cooked the lid separately and it stayed intact. The flan case fell apart when I removed it.

Colour: golden looks nice | **Texture:** good, nice and crisp | **Taste:** quite nice

MKD 6.51G CHO TOTAL

FAT: 22.80G **PROTEIN: 15.71G**
CHO: 6.51G **KCAL: 294**

MO'S TIP:

Can be used for sweet or savoury tarts, flans & pies.

REPLACEMENT

GOLDEN PANDA FLOUR PASTRY

INGREDIENTS

- 18g Butter
- 40g Golden Panda flour
- You will also need a pinch of salt and 60mls of cold water.

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- Add a pinch of salt to the panda flour.
- Rub the butter into the flour then mix to a dough with cold water, I used 60mls.
- Roll out between two pieces of baking paper.
- Cook for approximately 15 minutes.

MO'S TEST RESULTS:

This made the best yield. I used 2 x 4inch flan cases. Easy to handle and stayed intact when removed from the cases.

Colour: pale but OK | **Texture:** a bit soft | **Taste:** OK

MKD 6.51G CHO TOTAL

FAT: 20.84G **PROTEIN: 3.07G**
CHO: 1.15G **KCAL: 204**

MO'S TIP:

Can be used for sweet or savoury tarts, flans & pies.

Can a ketogenic diet affect the success of chemotherapy and immunotherapy for people with advanced squamous cell lung cancer?

KETO-Lung

CANCER RESEARCH UK | UNIVERSITY OF BIRMINGHAM | Cancer Research UK Clinical Trials Unit

Squamous non-small cell lung cancer accounts for 9000 deaths per year in the UK

The KETO-Lung trial is investigating whether a personalised ketogenic diet could improve outcomes for people with advanced squamous non-small cell lung cancer (NSCLC).

A ketogenic diet is very low in carbohydrates and high in fat, encouraging the body to use fat rather than glucose for energy.

Researchers at the Cancer Research UK Clinical Trial Unit at the University of Birmingham are interested in whether these changes in the body's metabolism could affect how cancer cells grow and respond to treatment. Laboratory and early clinical research suggest that altering the availability of glucose and increasing ketone production may influence the tumour environment and potentially affect how well some cancer treatments work. However, this is still an area of research, and the KETO-Lung trial will help us understand whether a ketogenic diet is practical, safe and potentially beneficial for people receiving treatment for lung cancer.

We are delighted to share that the trial is open and recruiting patients at six NHS hospitals across the UK: Birmingham, Glasgow, Leicester, Manchester, Newcastle upon Tyne, and Southampton. In this feasibility trial, patients will be supported by their clinical team, including an oncologist, dietitian and research nurse, to follow a personalised ketogenic diet for 12 weeks alongside their standard treatment with chemotherapy and immunotherapy.

Throughout the trial, the research team will assess whether patients can maintain ketosis, how acceptable and tolerable the diet is, and whether it has any effect on

- quality of life
- treatment effectiveness
- treatment-related side effects

Patients will receive specialist dietary advice and ongoing support throughout the study to help them follow the diet safely and in a way that is tailored to their individual needs.

Ketogenic diet therapy is already an established therapy in paediatric and adult epilepsies. However, relatively few UK studies have explored the use of ketogenic diet therapy in other health conditions, including cancer. KETO-Lung therefore provides an important opportunity to learn more about whether this type of dietary intervention can be successfully incorporated into cancer care. The findings will help determine whether a larger clinical trial should be undertaken.

We are very grateful to the team at Matthew's Friends for providing ketogenic starter packs for participants taking part in the KETO-Lung study.

Patients interested in taking part should speak to their clinical team to find out whether they are eligible for the trial. All trial locations accept referrals if the trial is not available at a patient's treating hospital.

For more information, contact the trial team at keto-lung@trials.co.uk or visit: birmingham.ac.uk

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SAVE THE DATE

THE 5TH KETOCOLLEGE ADVANCE EVENT

27, 28 & 29 APRIL 2027

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PLACES ARE LIMITED

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FOUNDATIONS

SAVE THE DATE

FOUNDATIONS FOR DIETITIANS NEW TO KDT

26 APRIL 2027

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VISIT: KETOCOLLEGE.CO.UK EMAIL: INFO@KETOCOLLEGE.CO.UK

KEEPING YOU UP-TO-DATE ON KETOGENIC THERAPY CONFERENCES AND EVENTS

Visit our website here for information on upcoming meetings, including Nutricia's Ketoconference, Keto-Med & 6th European Glut1 Meeting.

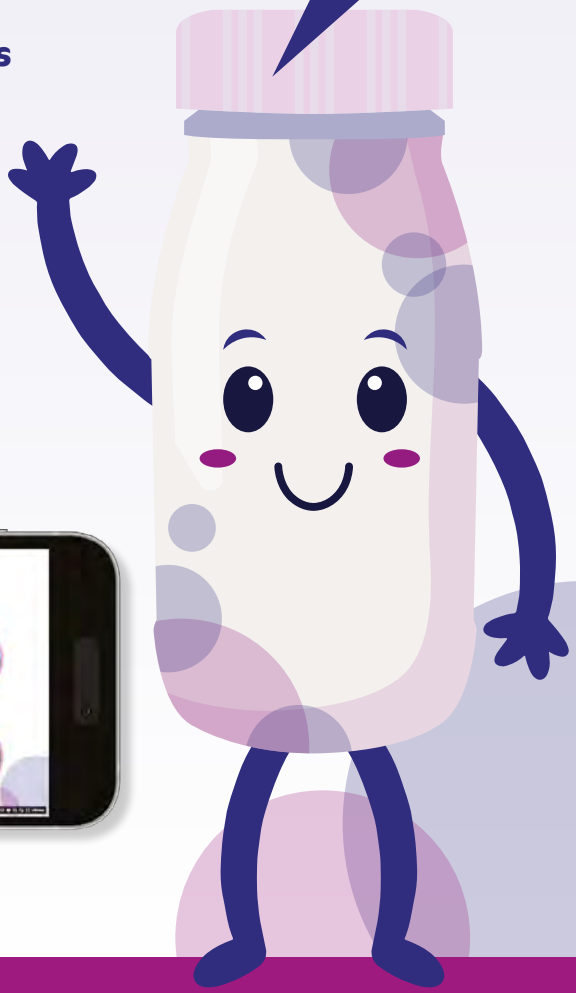
CLICK TO VIEW KETO EVENTS

Help your support network become Ketogenic Diet Champions, just like Kai!

Share these educational videos with teaching and ward/care staff to see how the Ketogenic Diet can be easily supported in schools, hospitals and respite care settings.

Follow the link to watch these **expert videos** and learn about what is important to become a **Ketogenic Diet Champion** with Kai and the Keto Klub!

Click here
to learn all about the Ketogenic Diet!



Head over to the myketogenicdiet.uk Instagram and Facebook for recipes, blogs and tips!

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Track your diet with MyKeto-Planner, attend Chef Derek's monthly drop-in cookery sessions, receive handy sample packs* to get started!

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This information is intended for patients, and carers of patients who have been prescribed KetoCal by a Healthcare Professional. The Ketocal Range are Foods for Special Medical Purposes for the dietary management of drug-resistant epilepsy or other conditions where the ketogenic diet is indicated and must be used under medical supervision.
Accurate at date of publication: July 2026

*Product can be provided to patients upon the request of a Healthcare Professional. They are intended for the purpose of professional evaluation only.

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a helping hand

natural ready to eat
ketogenic foods

new
keto MKD bisk

with chocolate chips

Per 30g bisk: fat: 13.9g | carb: 2.2g | pro: 3.5g | kcal: 158

Fibre: 6.0g

don't forget our other ketogenic snacks & breakfasts

3:1 bisk
3:1 porridge
3:1 muesli
3:1 savoury

FUNDRAISING FOR MATTHEW'S FRIENDS

We are so grateful in these difficult times for the kind support and generosity of you all. Please like and follow us on **Matthew's Friends** and **@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 28TH JUNE 2026

Oxted Pram Race
Organised by the Oxted Rotary Pram Race Charitable Trust

This year's Oxted Rotary Pram Race was a fantastic success! What a brilliant, fun-filled family day, with such a great turnout and wonderful support from local companies and organisations, including Matthew's Friends.

We're really proud to sponsor the trophies for the races and absolutely delighted to be one of the beneficiaries receiving a share of the money raised on the day. This year, the total is £7,000!

Val, Richard, and the whole family including grandchildren got stuck in, shaking their collection buckets while trying to dodge the water pistols and hosepipe sprays!

It's such a fun day that brings the local community together, and even better, it raises a fantastic amount of money for local charities. We're so pleased to be part of it and to support such a lovely community event!

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.

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HELP MATTHEW'S FRIENDS CONTINUE OUR WORK

Could you help us raise funds or make a donation?

Matthew's Friends has been supporting families affected by drug-resistant epilepsy and championing access to Medical Ketogenic Therapies for more than 20 years.

Our work depends on the generosity of our supporters. Donations and fundraising help us provide free information and support to families, resources for healthcare professionals, advocacy, education and vital work to improve access to ketogenic therapies for children and adults.

There are lots of ways you can help:

- **Make a donation** – every contribution, whatever the size, helps us continue our work.
- **Take on a fundraising challenge** – run, walk, bake, cycle or create your own challenge.
- **Fundraise with friends, family or colleagues** – turn a special occasion or event into an opportunity to support Matthew's Friends.
- **Spread the word** – sharing our work can help us reach families who may not yet know that ketogenic therapy is an option.

Your support really does make a difference. Together, we can continue to support families, raise awareness and help ensure that ketogenic therapies are available to those who could benefit.

Thank you for supporting Matthew's Friends.
For more information email: enq@matthewsfriends.org

DONATE TO MATTHEW'S FRIENDS HERE

CHRISTMAS REALLY IS JUST AROUND THE CORNER

GET INTO THE CHRISTMAS SPIRIT WITH OUR FABULOUS FESTIVE CARDS!

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VISIT OUR SHOP HERE

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.