

KEY QUESTIONS TO ASK DURING THE DIETARY ASSESSMENT, PRIOR TO IMPLEMENTATION OF DIETARY RESTRICTIONS

| Areas of consideration | Key questions | How this will help guide management |
|-----------------------------------|---|--|
| Special dietary requirements | <ul style="list-style-type: none"> Do you have any dietary requirements due to religious beliefs, other conditions (e.g. diabetes) or lifestyle choices (e.g. vegetarianism/veganism)? | <ul style="list-style-type: none"> Additional dietary requirements may affect the patient's ability to follow dietary restrictions |
| Previous dietary change | <ul style="list-style-type: none"> Have you modified your diet previously and did this affect symptom control? Were you following a wheat/gluten free diet when you were screened for coeliac disease? | <ul style="list-style-type: none"> Previous symptom response to dietary changes may indicate foods which do or do trigger symptoms Adequate gluten intake is needed to accurately exclude coeliac disease. |
| Seasonal variations | <ul style="list-style-type: none"> Are you eating any seasonal fruits? Do you suspect these are affecting your symptoms? | <ul style="list-style-type: none"> Seasonal variation may affect FODMAP intake and provide information about food tolerance. |
| Lifestyle | <ul style="list-style-type: none"> Who does the cooking at home? Will the person responsible for cooking be willing or able to modify their cooking practices? Do you intend for the whole family to eat low FODMAP meals? What are your work hours and how do these affect your meals? | <ul style="list-style-type: none"> These questions will help to determine the patient's ability to implement dietary changes and comply with the diet. |
| Cultural background | <ul style="list-style-type: none"> What is your cultural background and do you eat traditional dishes? | <ul style="list-style-type: none"> Cultural differences may affect FODMAP intake. Cultural celebrations e.g. Lent or Passover, may also alter dietary intake. |
| Cooking skills | <ul style="list-style-type: none"> How competent are you with cooking? Would you feel comfortable to modify some recipes to make them low FODMAP once you've been given a few hints on how to do so? | <ul style="list-style-type: none"> Cooking skills will affect the patient's ability to modify their diet and adhere to the proposed dietary modifications. |
| Eating out | <ul style="list-style-type: none"> How often do you eat out? What types of cuisines do eat? Are there particular meals that you often choose? (for example, meat and vegetable dishes, risottos, pasta, curry) | <ul style="list-style-type: none"> Eating out can make complying with a low FODMAP diet difficult Some cuisines may offer more low FODMAP choices than others |
| Other potential compliance issues | <ul style="list-style-type: none"> How do you feel you will manage with modifying your diet? Is there anything else that you think may be difficult for you to be able to follow these dietary changes? | <ul style="list-style-type: none"> Identifying barriers to making dietary changes can help to develop strategies to overcome these. |

