



Live your Inspired Life

Low FODMAP Diet Coaching

Dealing with Extended Family

What if your parents are set-in-concrete believers in a well-rounded diet and don't believe in allergies or intolerances?

Because IBS is such a silent disorder and because you don't talk about it, this might seem like a flight of fancy to them. You will have to be quietly insistent on sticking to your diet or be prepared to suffer whenever you visit them. A clear explanation of the mechanics of what is happening in your body might help sway them. If not, you will have to put up with their doubts, comments, hurt feelings and attempts to get you to eat forbidden foods. Each family has different dynamics, and you are the best judge of how to handle this.

What happens at family get-togethers like Christmas where everyone has contributed to the meal?

If you are all contributing food, you can make sure that your food suits your diet and that it constitutes a well-rounded meal by itself. If you were to take a chicken pasta (gluten-free) salad for example, then you wouldn't have to eat anything else. But there are sure to be some family members who are onboard with you, and you can co-ordinate with them to ensure you have a few dishes to choose from.