



Low FODMAP Diet Coaching

Living with the Family

How do I educate my family?

Most families are not good with change. Families are built on routine. That's how we bring up our children – with fixed meal and bedtimes, everything regimented so they learn discipline. And here you come along with this bombshell. Sitting them down for a formal chat to explain the changes that will happen and to set up a few ground rules is the best approach. It would be a good idea to schedule weekly meetings so you can give an update and hear how they are coping. It's best to keep grievances aired and dealt with so resentments don't build.

Will I have to cook two meals, one for me and one for the rest of the family?

That depends. It is possible to integrate your needs into that of the family but if they have favourite meals (like French onion soup or apple pie) which wouldn't suit your diet, you could occasionally cook their meal and then make something for yourself on the side. Pasta would require two pots of boiling water for your gluten-free pasta and their normal pasta (or they could all eat gluten-free pasta). Hamburgers would mean two different buns but the rest would be the same. There are workarounds that mean less work than you would imagine. Also, the rest of the family can eat their high FODMAP food at breakfast and lunch when separate meals are often made anyway.

How do I resist if they bring home food that I want but can't eat?

That can be part of your weekly meetings – making sure that the few ground rules are not broken. No creamy, sugary cakes or ice cream waved under your nose. With time, you will build the willpower to resist because the reward is greater than the pain of erring.



What do I do about the baked goods that my family enjoy?

It is far better at this point to be baking gluten-free food at home. It is too risky for you to eat processed foods. Many of them contain high-fructose corn syrup as the sweetener. There are some good gluten-free flour mixes or you can make your own. My website has hundreds of baked goods that are low FODMAP.

