

## **Importance of Diet in Inflammatory Bowel Disease – Data from the Patients’ View**

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### **Dietary Questionnaire**

1. Age:

2. Disease onset:

3. Type of IBD: Crohn’s disease

Ulcerative colitis

4. Body weight:

Height:

5. Medical therapy:

Salazopyrine

Salofalk

Pentasa

Xalazine

Medrol

Imuran

Sandimmune Neoral

Remicade

Humira

Budenofalk

Entocort

6. How many kg-s were you at the most severe period of you disease? ..... kg

7. Was lactose intolerance diagnosed?  Yes  No

8. Was celiac disease diagnosed?  Yes  No

9. Do you think that diet is associated with the development of the disease?  Yes  No

10. If you think that diet is associated with the development of the disease, please comment:

.....

11. Do you believe that diet could play a role in causing disease relapse?  Yes  No

12. Do you think that you should diet to prevent disease relapse? If yes what kind of food you should avoid?

Yes

No

13. Are you on diet?

- Yes, continuously                       Yes, but only if I have symptoms  
 I do not find diet to be useful

14. Do you know certain foods that exacerbate the disease?

- No     Yes

Fat:      Carbohydrate                       Protein

Vegetables:  Paprika      Tomato                       Cucumber      Onion                       Garlic      Marrow

Fruits:  Apple                       Orange                       Lemon                       Cherry                       Banana                       Melon

Carbohydrates:  Bread                       Cake                       Rice                       Paste                       Potato

Meals:  Chicken      Turkey                       Pig                       Beef                       Fish

Spices:  Salt                       Pepper                       Paprika                       Spicy paprika      Curry

Dairy products:  Yoghurt                       Sour cream      Cream                       Cheese                       Butter

15. Do you drink milk?

- No, I do not like                       No, causes diarrhea                       Yes, but only if I do not have symptoms                       Yes, regularly

16. Do you know foods that certainly cause complaints and you avoid it?

- No     Yes...

17. Which statement do you think to be true?

Diet is almost as important as medical therapy

Diet is less important than medical therapy

Diet is more important than medical therapy

18. Did you receive some advice on diet?

- No                       Yes, from my gastroenterologist      Yes, from dietary nurse      Yes, from books                       I surfed internet

19. What was the most important advice you find the most useful?

.....

20. Please categorized these chronic diseases in the view of the importance of diet (1. most important 5. less important).

Ulcerative colitis ( )

Crohn's disease ( )

Diabetes mellitus ( )

Celiac disease ( )

Cholelithiasis ( )

21. Have you ever been recommended to use nutrition drinks?

Yes

No

22. If yes, what was your opinion?

I did not like

I did not find it beneficial

It was beneficial

23. Which nutritional drink did you like the most?

Neutral flavour

Flavoured, my favourite was...-flavoured

Fluid

Powder

24. Which drinks you think to be harmful?

Wine

Beer

Hard drinks

Coffee

Fizzy beverages

Fruit juices

Mineral water

Tea

25. Is there any herb you tried and found beneficial?

I did not try

None of them helped

Yes: .....