

# FEMKE



## Low-FODMAP diet

Femke is 52 years old. She works as a pharmacist in a small town. She has been living alone for quite some years, so he is very used to eating by herself.

She enjoys cooking a lot and trying new recipes, so she always has many fresh ingredients at home. She strictly sticks to her Low-FODMAP diet. Because of her dietary restriction, she does not enjoy eating with others as much as she wants to eat by herself. She loves pampering herself, primarily through food. Therefore, she eats without distractions since she likes to focus on the flavours and the quality of her meals. When eating alone, she prefers quietness and a time for just herself. She nicely decorates and sets her table as she loves to eat in a cosy environment.

Although she sometimes misses eating with family or friends, she feels eating with others can be complicated because of her special diet. She especially misses the conversations during and after mealtime and talking about daily experiences. So instead of eating with others, she prefers to go out for a drink.

### Attitudes:

'I want to eat according to my special diet.'

'I want to enjoy my delicious meals.'

### Challenges:

Femke follows a Low-FODMAP diet, so she prefers to eat alone. She wants to enjoy her meals without other distractions.

### Cooking behaviour:

She spends much time cooking with fresh ingredients. She usually spends a lot of time in the kitchen.

### Eating behaviour:

She usually eats late because she takes her time to prepare her meals. However, she eats mindfully, chewing slowly and enjoying every flavour.