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Summary

USE OF CHATGPT AS A GUIDE FOR LOW FODMAP DIET ADHERENCE: A PROOF-OF-CONCEPT STUDY

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A proof of concept study evaluated ChatGPT's ability to provide accurate low FODMAP diet guidance for patients with irritable bowel syndrome, finding 81% accuracy across 27 questions assessed by two experienced dietitians.

KEY POINTS

- ChatGPT correctly answered 22 of 27 questions (81%) about low FODMAP diet when independently evaluated by two gastroenterology dietitians who showed complete agreement in their assessments.
- Of the five incorrect answers, four were from the base products list and three of these incorrectly classified high FODMAP base products.
- ChatGPT provided correct suggestions for alternative ingredients and food preparation techniques to make dishes low FODMAP in the recipes section.
- The authors concluded that ChatGPT could possibly be used as an auxiliary tool for daily decisions on low FODMAP diet, though long-term adherence to low FODMAP diet remains challenging due to its complex nature.
- This brief proof of concept study may interest gastroenterologists and dietitians seeking digital tools to support IBS patients following a low FODMAP diet.

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