

Gluten-free diet compliance score

Biagi F. *Brit J Nutrition*. 2012;108, 1884-8

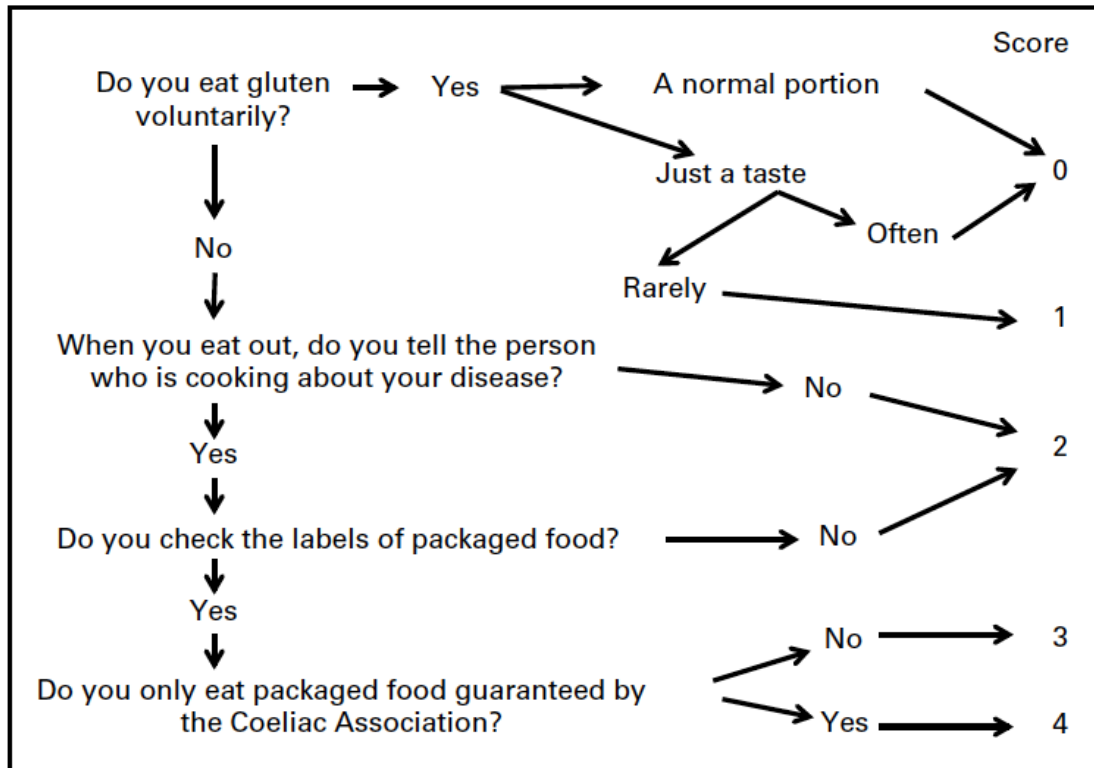


Figure. Questionnaire and scoring system to assess compliance in celiac patients.

“Often”: The patient consumes gluten so often that he/she cannot remember when or how many times this happened.

“Rarely”: The patient consumes gluten only occasionally that he/she can remember when or how many times this happened.

The final score of the questionnaire is made up of five levels (0–4), which, from a clinical point of view, can be grouped into three levels.

1. Patients with a score of **0 or 1** do not follow a strict GFD.
2. Patients with a score of **2** follow a GFD, but with important errors that require correction.
3. Patients with a score of **3 or 4** follow a strict GFD.

The CCA thanks Dr. Biagi and his co-authors for permission to use this tool for Canadians with celiac disease.