**Supplementary Table 3**. **Detailed approach to ‘cheats’**

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| * You can drink as much formula as you want, but you need to get in the required formula daily (PO+NG). Any clear fluids you want. A few gummy bears each day |
| * Can take water-based additions, a slice of toast if needs texture, chewing gum, etc |
| * 2-4 hard candies / gum per day |
| * Sugar free chewing gum and 1-2 boiled sweets per day. In older patients, black tea or coffee with no sugar only |
| * Try to avoid cheating but if you need to chew something then you can have limited access to hard candy or gum |
| * 5-10% of calories allowed as long as it is part of specific carbohydrate diet |
| * Green tea, broth, boiled lollies, and flavours |
| * As little as possible - not eating is key to success |
| * Only chewing gum or approx. 1 sweet/day allowed |
| * We tell them we are 'resting' the gut so the Modulen IBD will have better chance of success the less we challenge the gut |
| * Generally, only allowed to take EN and water. However, can take up to 2-3 hard candies and/or pieces of gum daily. We used to allow sweeteners but no longer do |
| * Potatoes, rice, chicken, fish, eggs, some vegetables, and fruits |
| * You can put in your drink some Nesquik, chocolate, or decaffeinate coffee if you want to change the flavour |
| * I let my dietitians talk about cheat so to reduce confusion. Only allow gums and candy to fixed amount |
| * Usual instruction is to have formula, water, and chewing gum only for the first 2 weeks. If responding well and need motivation to continue I suggest one small item, *e.g*. Sugar-based sweet or jelly; or one slice of bread or 2 cream crackers. Must continue full amount of formula. I continue that until they have 6 - 7 weeks done. For the last week of EEN usually allow increased amounts of these foods as they prepare for reintroducing ful diet I don't allow fizzy drinks (even if diet drinks) |
| * No restriction on 'allowed cheat foods' but they have to drink/have the required enteral feeds |
| * Limit to 5-10 a day but highlight effect of sugars/sweeteners on gut function |
| * Krusha syrup, foxes, glacier mints |
| * Provide a detailed sheet on what clear fluids and broths the patient can consume |
| * I explain well about the disease and complication and about the importance of nutrition and the necessity to have control about his/her diet. |
| * We would only allow 7UP, water, mineral water, black tea, black coffee, Foxes glacier mints. and sugar free chewing gum. We allow Crusha syrup to flavour. They can have these as desired |
| * If this is a major problem, I will use pharmaco-therapy; you can lead a horse to water |
| * I point out it is better if they don't cheat (probably) but I know they do. I don't get too fussed if it is working |
| * For induction therapy almost exclusive 100% EEN. Some cheats allowed at the discretion on dietitian |
| * Water, sugar, no protein, *e.g*., simple lollies, some soft drinks, jelly, etc |

**Examples of allowed ‘cheats’:**

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| * Clear hard candy, clear broth, water, popsicles historically - but this is being revisited |
| * Any clear fluids, gummy bears |
| * Gum, candies, juices, broths/consommã©, |
| * 2 hard candies a day. 2 pieces of gum a day |
| * Now moving to published CDED paper as list of allowable oral cheats during EEN |
| * Very small amount-just for taste |
| * Fox's Glacier mints, sugar free chewing gum, 7Up |
| * Up to 2-3 hard candies and/or pieces of gum daily |
| * Potatoes, rice, chicken, fish, eggs, some vegetables, and fruits |
| * Only flavouring. Nesquik , chocolate, or decaffeinate coffee |
| * Gum, candy, and flavouring |
| * Flavoured water; Diluted squash; no limit on amount of fluids as long as full amount of formula is consumed. Sweets *e.g*., Rowntree's fruit pastille; Polo mints; 1 to 2 sweets after each supplement; Cream crackers- 2 per day. Bread /toast - 1 slice per day (or small portion boiled rice if preferred) |
| * Black tea, herbal tea, boiled sweets, gum |
| * Gum, boiled or gummy candy (not chocolate), lemonade, clear broth |
| * Hard boiled sweets, gum |
| * Chewing gum, black tea, 7up |
| * In our protocol is allow the use of Juice or natural fruit, and flavouring when the patient refers bad taste of the formula |
| * Gum, sweets, soft drink |
| * Gum, candy |