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Summary

A STARCH- AND SUCROSE-REDUCED DIET HAS SIMILAR EFFICIENCY AS LOW FODMAP IN IBS. A RANDOMIZED NON-INFERIORITY STUDY

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A starch- and sucrose-reduced diet showed non-inferior efficacy to low FODMAP diet for IBS symptom reduction in a 4-week randomized trial, with additional benefits in weight loss and reduced sugar craving.

KEY POINTS

- In 155 IBS patients randomized to either SSRD or low FODMAP for 4 weeks, responder rates (IBS-SSS decrease ≥50) were non-inferior at week 2 (84.7% vs 81.4%), week 4 (84.7% vs 84.7%), and week 24 (52.8% vs 68.0%).
- Both diets produced equal improvement in gastrointestinal and extraintestinal symptoms after 4 weeks ($p<0.001$ in most variables), with benefits maintained at 24 weeks for abdominal symptoms, total IBS-SSS, and most extraintestinal symptoms.
- SSRD produced significantly greater reductions in weight ($p=0.006$), BMI ($p=0.005$), and sugar craving ($p=0.05$) compared to low FODMAP, though weight and BMI were regained at follow-up.
- At week 4, 26.4% in both groups achieved healthy status (IBS-SSS <75), and at week 24, 40-50% had minimal abdominal pain or healthy IBS-SSS scores.
- Patients who tested both diets preferred SSRD ($p=0.032$), and symptom improvement correlated with reductions in weight, BMI, and extraintestinal symptoms.

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