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Summary

EFFECTS OF AN EXCLUSION DIET ON INFLAMMATION MARKERS AND MAINTENANCE OF REMISSION IN PATIENTS WITH QUIESCENT IBD – A 1-YEAR PROSPECTIVE TRIAL

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UEG Week Copenhagen 2023 | Poster

IBD

October 15, 2023

A one-year study of 168 IBD patients found that an exclusion diet eliminating red meat, processed foods, and other pro-inflammatory items maintained clinical remission in 95.2% of participants versus 85.7% on a regular diet.

KEY POINTS

- The exclusion diet removed red and processed meat, fried foods, high-lactose foods, fast food, white bread, sweetened drinks, and omega-6-rich vegetable oils for one year.
- Clinical remission was maintained significantly more often in the exclusion diet group (80 of 84 patients, 95.2%) compared to controls (72 of 84, 85.7%; p=0.036).
- 90% of participants adhered to the exclusion diet frequently or always, and the diet was well tolerated.
- Fecal calprotectin was lower in the exclusion diet group at one year (9.5% versus 16.7% above 300 mcg/g), though this difference was not statistically significant (p=0.171).
- The study concludes that the exclusion diet should be presented to all IBD patients as a potential intervention, based on its role in maintaining remission and the link between Western-style diets and IBD.

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