

A HEALTHY DIETARY PATTERN AND FRUIT CONSUMPTIONS ARE ASSOCIATED WITH A HALVED RISK OF RELAPSE IN CROHN DISEASE AND ULCERATIVE COLITIS RESPECTIVELY: A LARGE PROSPECTIVE NATIONWIDE STUDY IN FRANCE

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A prospective French cohort study found that a healthy dietary pattern rich in fruits, vegetables, nuts and legumes reduced IBD relapse risk by approximately 50% in both Crohn's disease and ulcerative colitis patients.

KEY POINTS

- In Crohn's disease, a dietary pattern characterized by high intakes of vegetables, fruit, nuts, legumes, cereals, eggs and unsweetened beverages and low consumption of dairy products, desserts, bread, and sweet/fatty products was associated with reduced relapse risk (HR 0.42, 95% CI 0.22–0.80, p-trend=0.050).
- In ulcerative colitis, high fruit consumption was protective against relapse (HR 0.46, 95% CI 0.26–0.82, p-trend=0.009), corresponding to approximately a 50% risk reduction.
- The Mikinautes e-cohort is a French nationwide prospective study that followed 693 IBD patients (59% Crohn's disease, 34% ulcerative colitis) for a median of 2.1 years using validated food frequency questionnaires and rigorous relapse definitions.
- Among patients in remission at inclusion, the cumulative probability of flare was 18% at 1 year and 25% at 2 years.
- The study used a Cox proportional hazards model adjusted for age, sex, smoking status and energy intake, analyzing patients in remission at inclusion to reduce reverse causality.

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