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Summary

ULTRA-PROCESSED FOOD INTAKE IS ASSOCIATED WITH METABOLIC ALTERATIONS AND IMPAIRED INTESTINAL BARRIER MARKERS IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE

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Cross-sectional study in 88 Brazilian IBD patients found higher ultra-processed food consumption associated with unfavorable metabolic markers, lower fiber intake, and reduced occludin levels.

KEY POINTS

- Higher ultra-processed food intake was associated with elevated total cholesterol (210 vs 176 mg/dL, p=0.004), LDL cholesterol (124 vs 102 mg/dL, p=0.014), fasting insulin (p=0.033), and HOMA-IR (p=0.012) compared to lower intake.
- Patients with higher ultra-processed food consumption had lower protein intake (65.0 vs 85.4 g/day, p=0.025) and lower dietary fiber intake (15.0 vs 20.0 g/day, p=0.043).
- Higher ultra-processed food intake correlated with lower occludin levels (r=-0.232, p=0.043), while no associations were observed with zonulin or lipopolysaccharide.
- The study included predominantly female patients (65.9%) with ulcerative colitis (56.8%), median age 42.5 years, with 55.7% receiving biologic therapy.
- Dietary intake was assessed by 24-hour recall in patients followed at a São Paulo referral center, with intestinal barrier markers measured by ELISA and cytokines by multiplex immunoassay.

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