

PATIENTS WITH FIBROSTENOTIC CROHN'S DISEASE CAN TOLERATE A HIGH-FIBER, LOW-FAT DIET AND EXPERIENCE AN IMPROVEMENT IN SYMPTOMS: RESULTS OF A CATERED DIET INTERVENTION STUDY

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UEG Week Copenhagen 2023

Poster

IBD

October 15, 2023

A patient preference study of 73 Crohn's disease patients tested an 8-week high-fiber, low-fat catered diet and found that patients, including those with fibro-stenotic disease, tolerated the diet without symptom worsening and showed improvements in stool frequency and abdominal pain.

KEY POINTS

- Patients with B2 fibro-stenotic Crohn's disease (29% of cohort) receiving high-fiber catered meals had no increase in abdominal pain symptoms and showed decreased stool frequency over 8 weeks.
- Adherence to the high-fiber, low-fat diet was 80% in patients receiving catered meals but only 5-10% in patients receiving diet counseling alone.
- Harvey Bradshaw scores improved from mean 3.05 to 2.38, stool frequency decreased from 3.7 to 2.5, and abdominal pain decreased from 1 to 0.6 across the cohort.
- Patients receiving dyadic psychosocial support sessions alongside catered meals had significantly improved nutrition literacy scores (60.2 to 70.6, $p=0.000636$) and food-related quality of life scores (82.1 to 107, $p=0.000541$).
- At baseline, Crohn's disease patients consumed less than 9 grams of fiber per 1000 calories and over 40% of calories from fat, well below study targets of 17 grams fiber per 1000 calories and 20-25% fat.

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