

DIETARY IMPACT FACTORS, FOOD RESTRICTION AND DIETARY INADEQUACIES DURING ADULT CROHN'S DISEASE REMISSION: THE INTICO2 COHORT STUDY

Martin McDonnell

UEG Week Copenhagen 2023

Poster

Small Intestine & Nutrition

October 15, 2023

The INTICO2 study found that 92% of adults with Crohn's disease in clinical remission reported at least one dietary impact factor, with food restriction in 34%, impaired appetite in 30%, and a mean of 6 micronutrients below recommended intake.

KEY POINTS

- 196 adults with Crohn's disease in clinical and biomarker remission (Harvey Bradshaw Index <5, calprotectin <250µg/g) were assessed using a novel dietary impact factor questionnaire, 7-day food diary, and body composition measurements.
- Subjects reported a mean of 4 dietary impact factors, with 34% restricting foods (most commonly dairy, wheat, red meat, pulses, garlic, onion) and 30% reporting impaired appetite (SNAQ score ≤14).
- Gastrointestinal symptoms were common despite remission status: abdominal pain 44%, distension 42%, diarrhoea 37%, and nausea 25%.
- Higher dietary impact factor counts correlated significantly with lower fat-free mass index, lower grip strength, lower phase angle, and more micronutrients consumed below recommended levels.
- The authors suggest that a structured self-reported questionnaire approach may help identify adults with Crohn's disease in remission who require dietetic assessment, as traditional screening methods focus only on weight and BMI.

VIEW THIS CONTENT ON GUTFLIX

<https://gutflix.eu/search/d/41283cd2-743c-11ee-b91e-0242ac140004>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.