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Summary

# DIETARY BELIEFS AND HABITS IN INFLAMMATORY BOWEL DISEASES: A CROSS-SECTIONAL STUDY

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**A cross-sectional study of 50 IBD patients found that most believe diet can trigger disease or flares and use personalized dietary modifications to manage symptoms, with significant impact on social life.**

## KEY POINTS

- 84% of patients believed diet could trigger flares and 56% believed diet had triggered their disease onset, with 70% identifying specific trigger foods
- 96% of patients considered diet complementary to prescribed medication rather than a replacement, though patients used trial and error to identify foods that worsened or improved symptoms
- Only 8% of patients followed a normal diet during flares, with 24% reporting that avoiding fiber improved symptoms during flares
- Dietary beliefs and behaviors impacted social life for 56% of patients, with 56% avoiding eating out and 44% not sharing meals with others
- 68% reported their disease changed their enjoyment of food, and appetite was lower during flares than remission

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