

Mistakes in nutrition in IBD and how to avoid them

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Mistakes In Articles

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This article discusses common mistakes in nutritional management of inflammatory bowel disease, drawing on evidence-based strategies and decades of clinical experience.

KEY POINTS

- Evidence-based nutritional strategies are being utilised as a key part of the therapeutic armamentarium in Crohn's disease for both induction and maintenance, as primary and adjuvant treatment methods.
- Exclusive enteral nutrition is well established in the treatment of paediatric IBD and adult centres are increasingly incorporating it into treatment models as an effective, drug-free alternative.
- The roles for partial enteral nutrition and Crohn's disease specific diets are being more clearly elucidated.
- When used appropriately and through engagement with dietetic support services, nutritional therapies can achieve IBD treatment targets and optimise growth, bone health, body composition and overall patient well-being.
- This evidence-based discussion with key references would be relevant for clinicians managing IBD who wish to avoid common mistakes in nutritional management.

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