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Summary

What’s new in nutritional induction therapy?

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UEG Week Barcelona 2026 | Presentation

Surgery | Small Intestine & Nutrition | IBD

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The speaker reviewed emerging dietary therapies for inducing remission in Crohn's disease, including structured exclusion diets and their potential to enhance biologic therapy outcomes.

KEY POINTS

- Exclusive enteral nutrition remains first-line therapy for paediatric Crohn's disease and was added to adult guidelines in 2024, as stated by the speaker.
- The speaker reported that a meta-analysis published this year showed the Crohn's Disease Exclusion Diet with partial enteral nutrition was effective for inducing remission and has been integrated into ECCO and ESPGHAN guidelines.
- The tasty and healthy diet, published recently in Gastroenterology according to the speaker, led to clinical remission and improvement in inflammatory markers in a randomised controlled trial comparing it to the exclusion diet for eight weeks.
- Retrospective studies from China and Italy showed that 16 weeks of enteral nutrition on top of anti-TNF therapy led to superior short-term and long-term clinical and endoscopic remission, the speaker stated.
- The speaker emphasized that expert IBD dietitians are essential to guide patients through dietary interventions, provide motivation and support, and explain the rationale for dietary changes.

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