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Summary

MICROBIOTA-ORIENTED DIETARY PATTERN, PROTEOMIC MEDIATORS, AND INCIDENT INFLAMMATORY BOWEL DISEASE: A UK BIOBANK PROSPECTIVE COHORT STUDY

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Higher adherence to a microbiota-oriented dietary pattern was associated with 16% lower risk of incident IBD over 10.8 years in a prospective cohort of 208,143 participants.

KEY POINTS

- Participants with higher adherence (DI-GM score ≥7) had a hazard ratio of 0.84 (95% CI 0.72–0.98, p=0.03) for incident IBD compared to lower adherence, with a significant dose-response trend (p for trend=0.02).
- Proteomic profiling identified 429 plasma proteins associated with the dietary pattern, functionally enriched in immune-inflammatory responses, cytokine-mediated signaling, and tissue repair pathways.
- Mediation analysis identified 9 proteins that significantly mediated the diet-IBD association, individually accounting for 13–36% of the total effect: OXT, SLC39A5, CGREF1, IGDCC4, MMP8, IL19, ALPP, AREG, and IL15.
- OXT demonstrated the highest proportion mediated, while IGDCC4 exhibited a protective effect in contrast to the risk-increasing effects of the other 8 mediators.
- The Dietary Index for Gut Microbiota integrates ten beneficial and four detrimental dietary components empirically linked to gut microbiota diversity and function.

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