

ECCO Consensus on Dietary Management of Inflammatory Bowel Disease

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Standards and Guidelines

IBD

July 12, 2025

The first European Crohn's and Colitis Organisation consensus on dietary management of inflammatory bowel disease aims to provide evidence-based recommendations as diet gains recognition as therapy to influence disease activity and complications.

KEY POINTS

- Diet is now applied as therapy to influence disease activity and complications in inflammatory bowel disease, evolving beyond adjustment for nutritional needs alone
- There is growing demand for high-quality dietary research to guide practice and determine where to position diet in the treatment paradigm
- The consensus goal is to provide evidence-based recommendations to guide clinical practice in dietary management of inflammatory bowel disease

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