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Summary

ASSOCIATION OF MICRONUTRIENTS AND SERUM IMMUNOPROTEINS IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE - A PRELIMINARY STUDY

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A Singapore study of 72 multi-ethnic Asian IBD patients found specific diet-immune associations, with vitamin A and beta-carotene negatively associated with pro-inflammatory immunoproteins while carbohydrates, starch, and fiber showed positive associations.

KEY POINTS

- Among 40 Crohn's disease and 32 ulcerative colitis patients, 86.1% consumed dietary fiber below recommended levels (median 15.9g/day) and 58.3% consumed vitamin A below recommended levels (median 706mcg/day).
- Analysis of 88 serum immunoproteins and dietary intake identified 192 significant diet-immune associations, with 8 immunoproteins (4E-BP1, CASP-8, CDCP1, FGF-23, IL-17A, IL-20RA, IL-22 RA1, STAMBP) accounting for nearly half of all associations.
- Only vitamin A and beta-carotene were negatively associated with pro-inflammatory immunoproteins including Interleukin-18, Interleukin 10-receptor subunit beta, C-C motif chemokine 19, Vascular endothelial growth factor A, and Urokinase-type plasminogen activator.
- Carbohydrates, starch, and fiber were positively associated with inflammatory immunoproteins.
- This cross-sectional immunoprotein profiling study may inform future research on dietary interventions in IBD management.

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