“It must be something I am eating” IBD and your diet

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Socialising

Celebration

Enjoyment

Comfort

Familiarity, identity, belonging

Family life

Experiences of food and nutrition in IBD: the patient perspective

CROHN'S & COLITIS UK

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Diet in the prevention of IBD

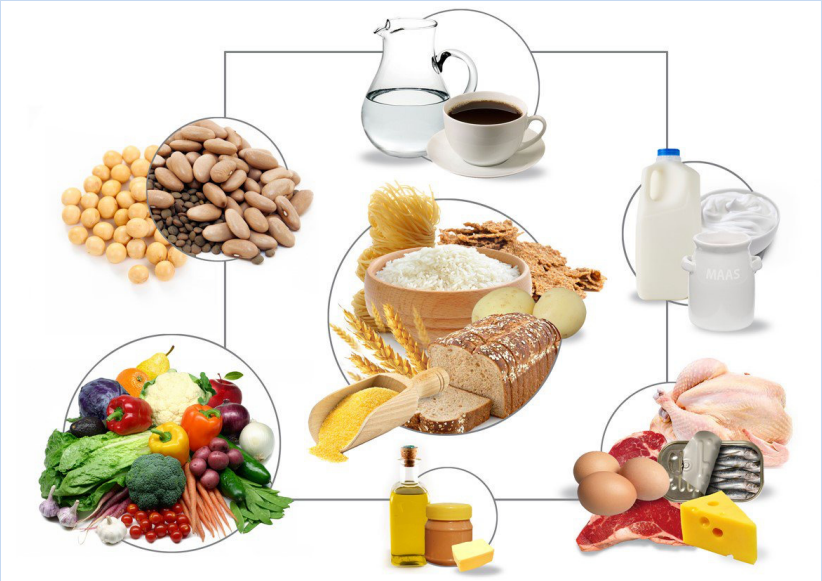
Breastfeed infants

unless contraindicated

Eat less

Animal protein

Animal fats



Eat more

Vegetable protein (e.g. legumes)

Fats from fish (n3)

Fibre

Fruits

Vegetables

Halmos, Nature Gastro Hep 2015; 12: 133-146

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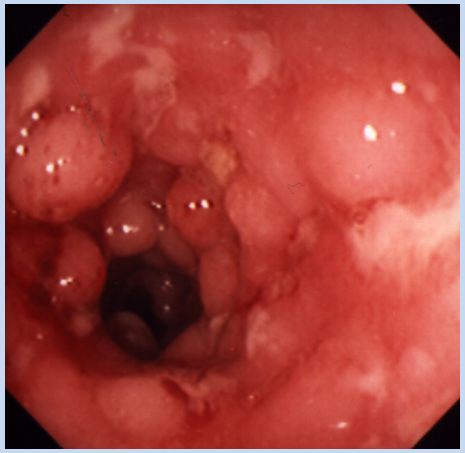
Enteral nutrition in Crohn's disease



	Exclusive Enteral Nutrition	Steroids
Children	**83%** enter remission	**61%** enter remission
Adults	**45%** enter remission	**73%** enter remission

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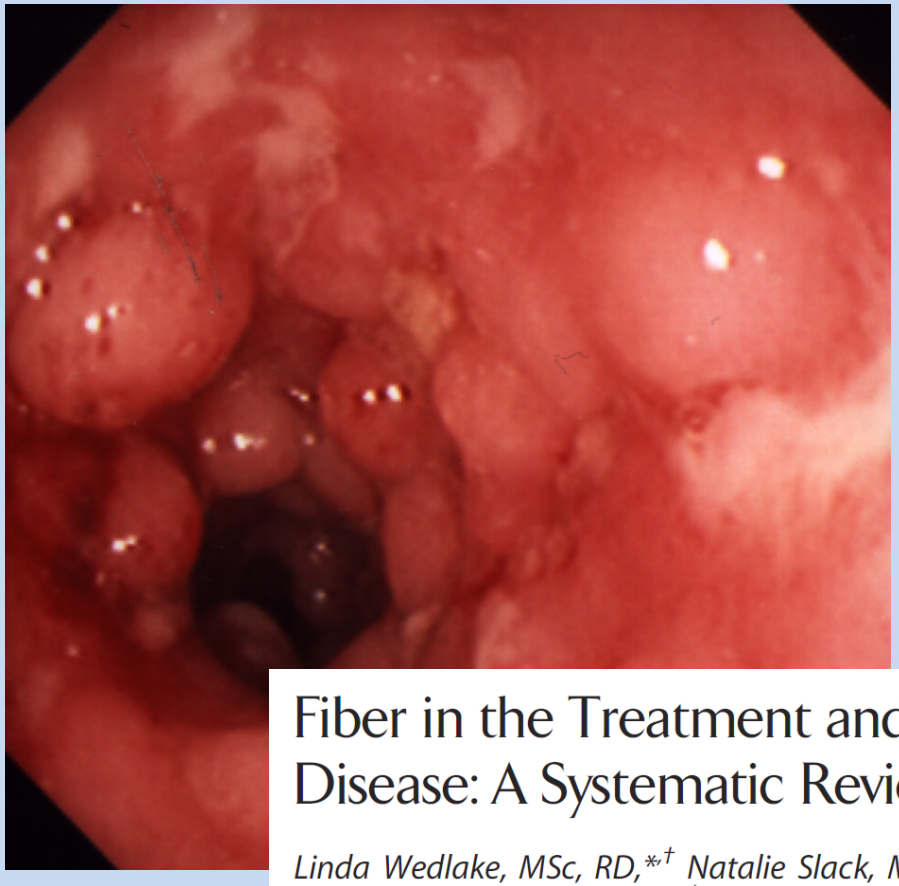
Fibre in inflammatory bowel disease:

systematic review of randomised controlled trials



Fiber in the Treatment and Maintenance of Inflammatory Bowel Disease: A Systematic Review of Randomized Controlled Trials

Linda Wedlake, MSc, RD,[*,†] Natalie Slack, MSc, RD,[†] H. Jervoise N. Andreyev, PhD,[‡] and Kevin Whelan, PhD, RD[†]*

Wedlake et al, Inflamm Bowel Dis 2014; 20: 576-86

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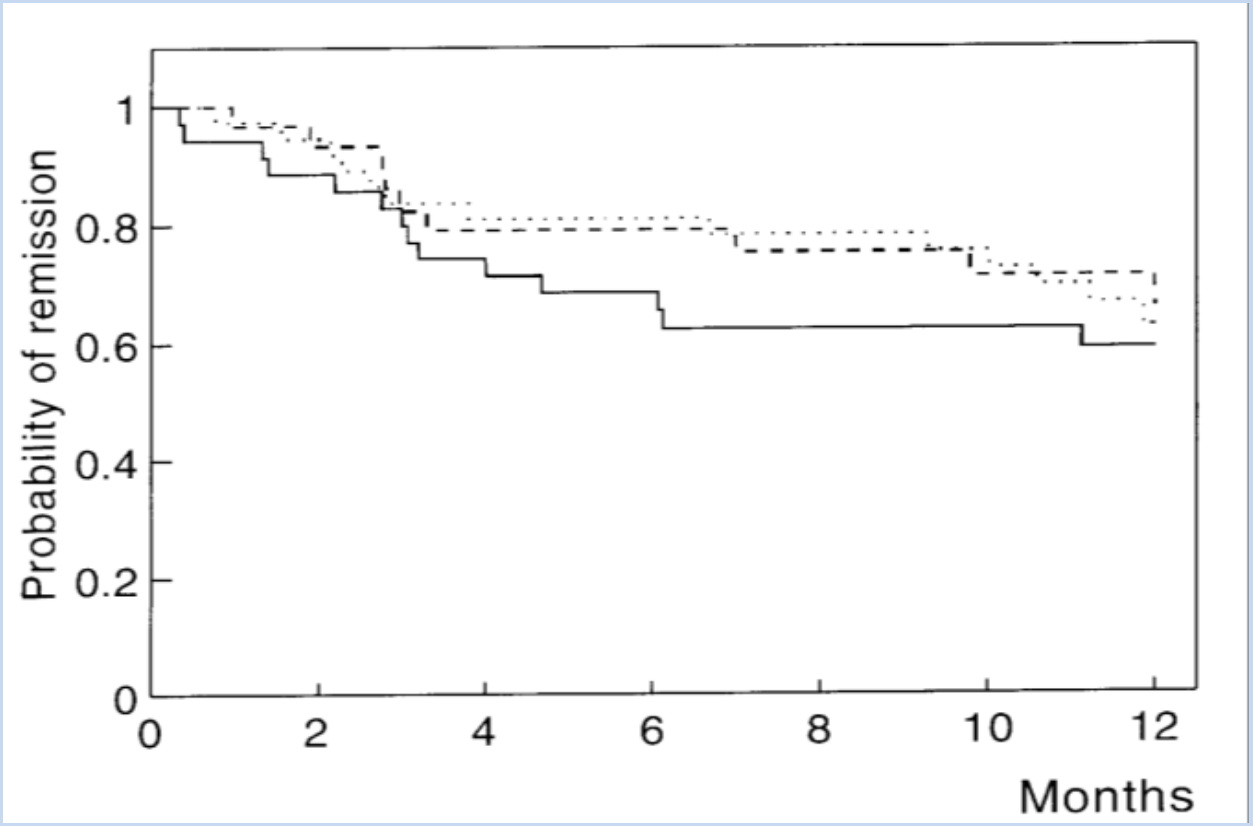
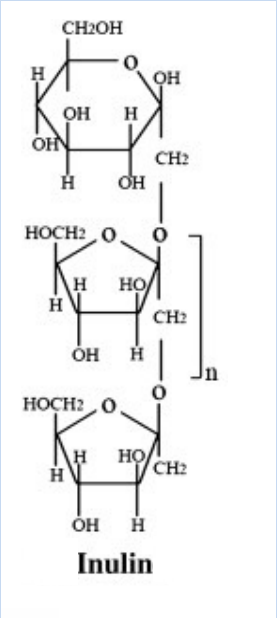
Fibre in maintenance of UC: psyllium

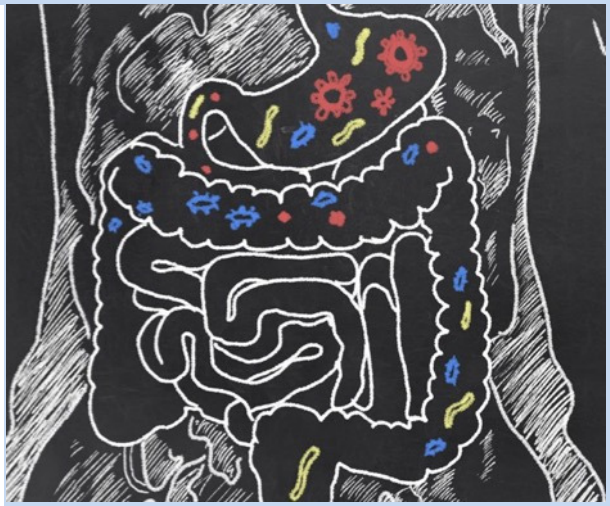


30% relapse on fibre and drug (psyllium + mesalazine)
35% relapse on drug only (mesalazine, 1.5 g/d)
40% relapse on fibre only (psyllium, 20 g/d)

Fernandez-Banares, Am J Gastro 1999;94:427– 33

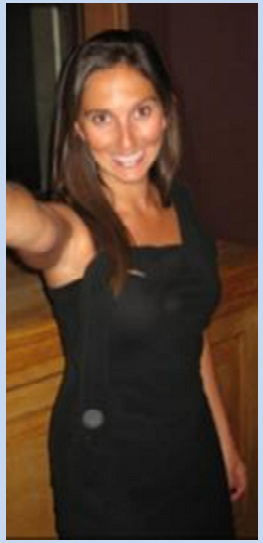
Prebiotics to treat active Crohn's





A substrate that is selectively utilized by host microorganisms conferring a health benefit

ISAPP consensus statement



the broad foundation
scientific | medical research

	FOS	Placebo	p Value
Response*			
Intention to treat, n (%)	12 (22%)	19 (39%)	0.067
Per protocol, n (%)	12 (30%)	19 (42%)	0.243
Remission†			
Intention to treat, n (%)	6 (11%)	10 (20%)	0.193
Per protocol, n (%)	6 (15%)	10 (22%)	0.395

Benjamin et al, Gut 2011; 60: 923-929

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Fermentable

Oligosaccharides (fructans)

(α-galacto-oligosaccharides)

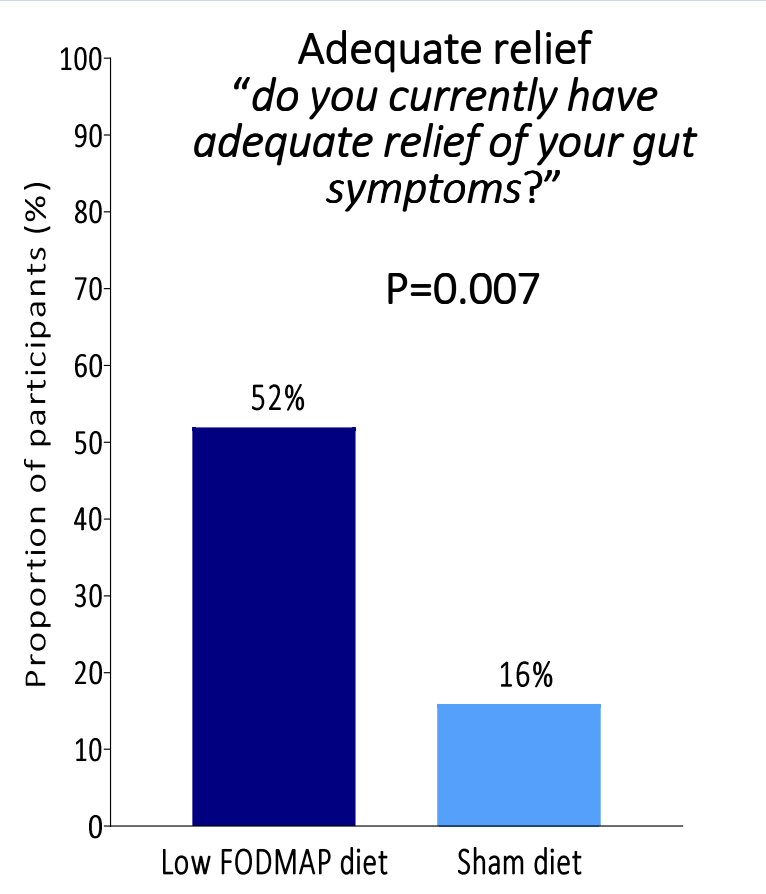
Disaccharides (lactose)

Monosaccharides (fructose)

And

Polyols (sorbitol, mannitol)

Restricting prebiotic FODMAPs improves 'functional gut symptoms' in IBD



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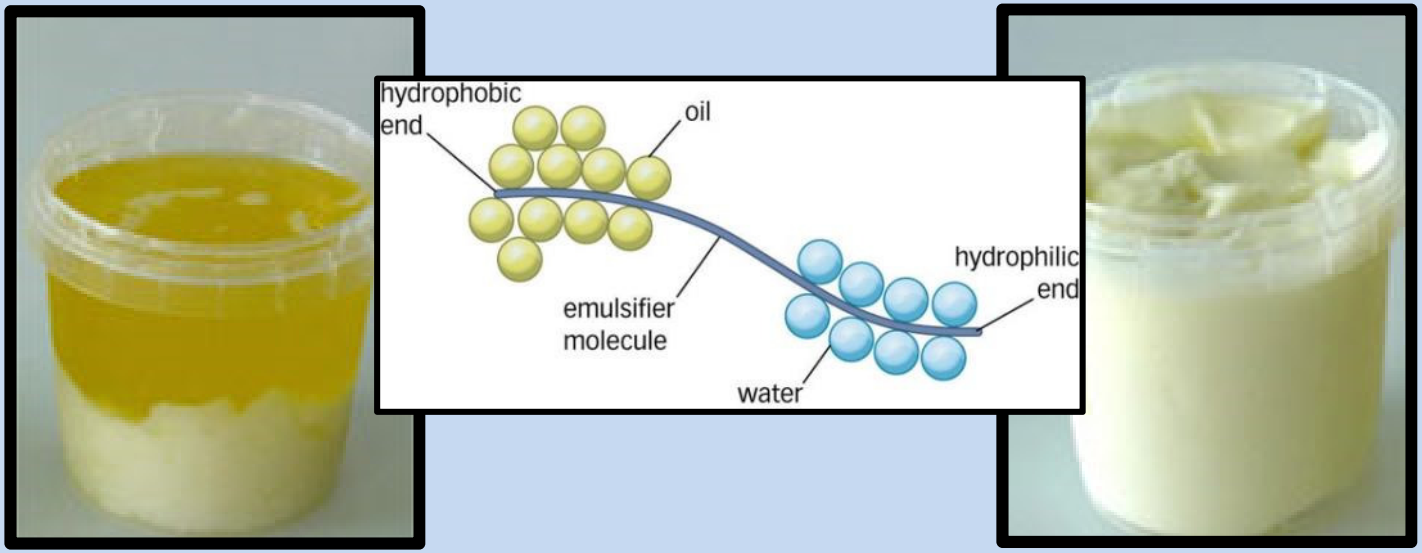
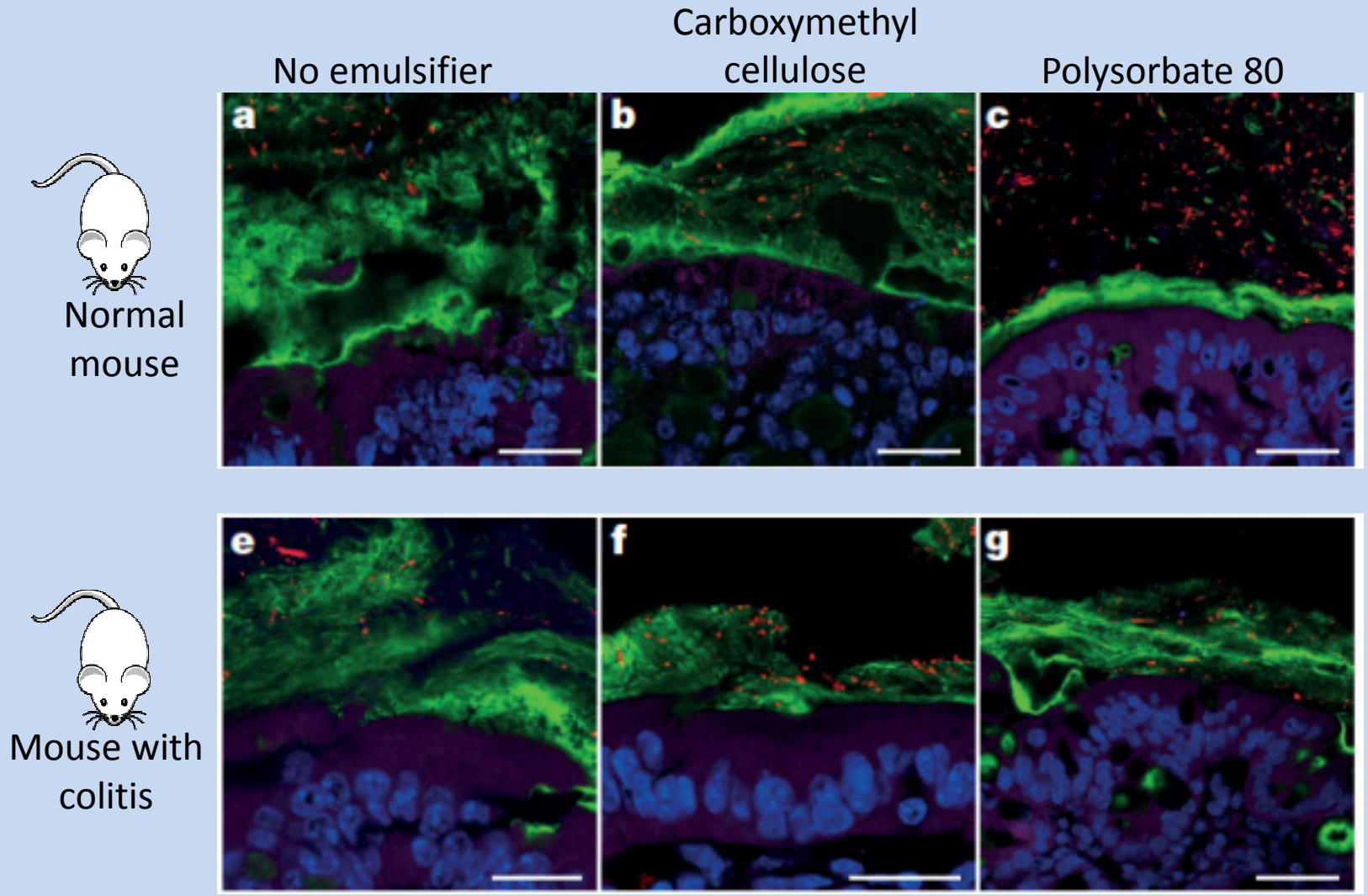
Emulsifiers and inflammatory bowel disease

Substances that make it possible to form or maintain a homogenous mixture of two or more immiscible phases such as oil and water in a foodstuff



Emulsifiers impact the microbiome in mice



Chassaing, Nature, 2015; 519: 92–96

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Special diets for IBD

"Crohn's disease exclusion diet" uncontrolled trial

Partial Enteral Nutrition with a Crohn's Disease Exclusion Diet Is Effective for Induction of Remission in Children and Young Adults with Crohn's Disease

Rotem Sigall-Boneh, RD, Tamar Pfeffer-Gik, RD,* Idit Segal, MD,* Tsili Zangen, MD,* Mona Boaz, RD, PhD,†,‡ and Arie Levine, MD*,‡*

Exclude:

Gluten
Dairy products
Baked goods and breads
Animal fat
Processed meats
Canned goods
Packaged products with a due date
EMULSIFIERS

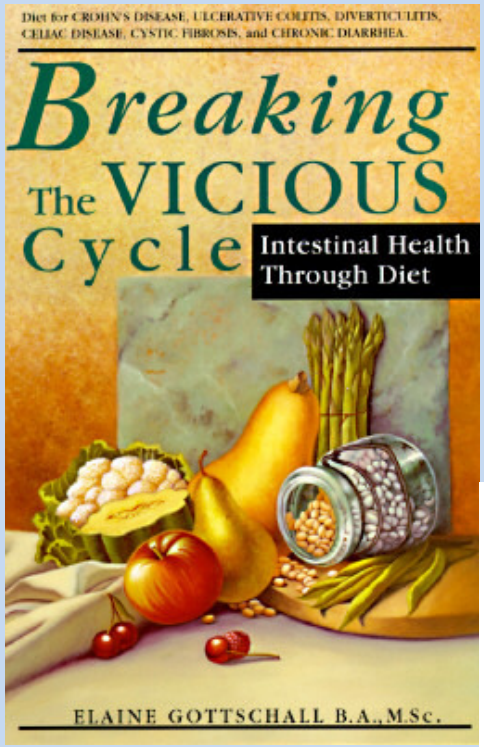
TABLE 2. Pairwise Comparisons of Parameters Between Baseline and Week 6

N = 47	Baseline	Week 6	*P*
HBI	6.37 ± 2.74	1.85 ± 2.93	0.000
PCDAI (n = 34)	27.7 ± 9.4	5.4 ± 7.98	0.000
CRP	2.9 ± 2.7	0.86 ± 1.0	0.000
ESR	29.3 ± 16.6	17.0 ± 10.9	0.000
Hemoglobin	12.2 ± 1.3	12.3 ± 1.2	0.5
Albumin	4.2 ± 2	4.07 ± 0.40	0.67

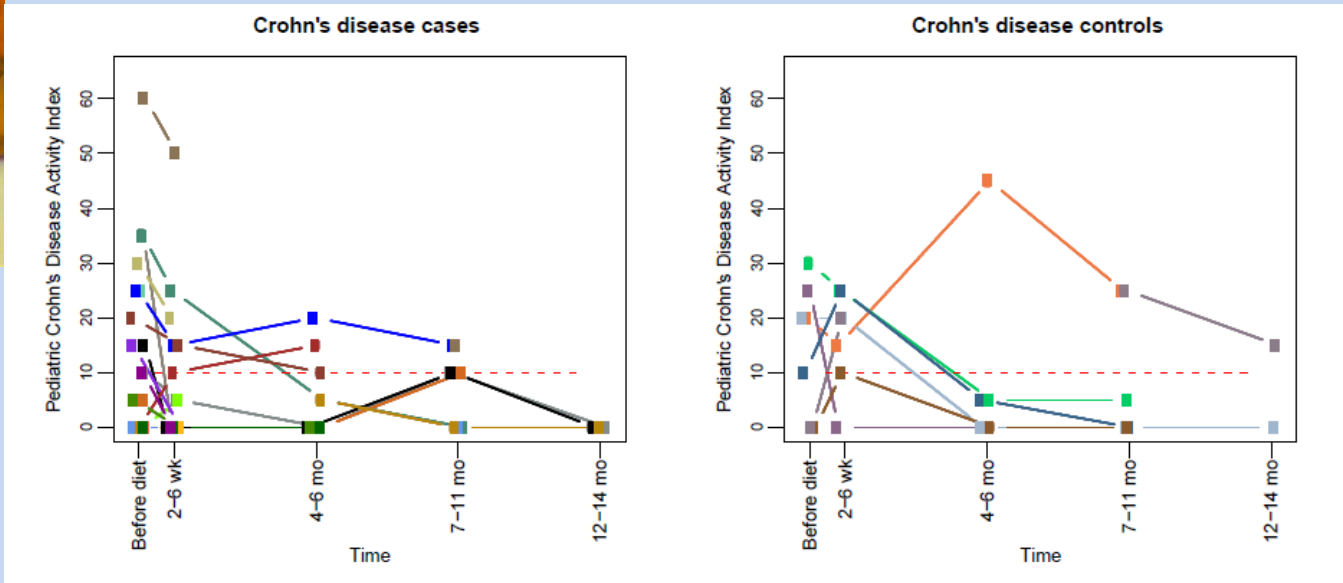
Pairwise comparisons only in subjects with parameters at both time points. HBI calculated for all patients. PCDAI calculated only for children and adolescents through age 18 years.
PCDAI, pediatric Crohn's disease activity index.

Sigall-Boneh. Inflamm Bowel Dis. 2014; 20: 1353-60

Specific carbohydrate diet (SCD)



Exclude	Include
Grains e.g. wheat, barley, corn, rice	Almond flour Coconut flour
Added sugar	Honey
Milk products	Fermented yogurts



Obih. J Ped Gastro Nutr. 2016; 32: 418–425

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Diet in IBD

Breastfeeding and a healthy diet are associated with lower risk of IBD

Enteral nutrition is an effective treatment in IBD (the type of formula doesn't matter)

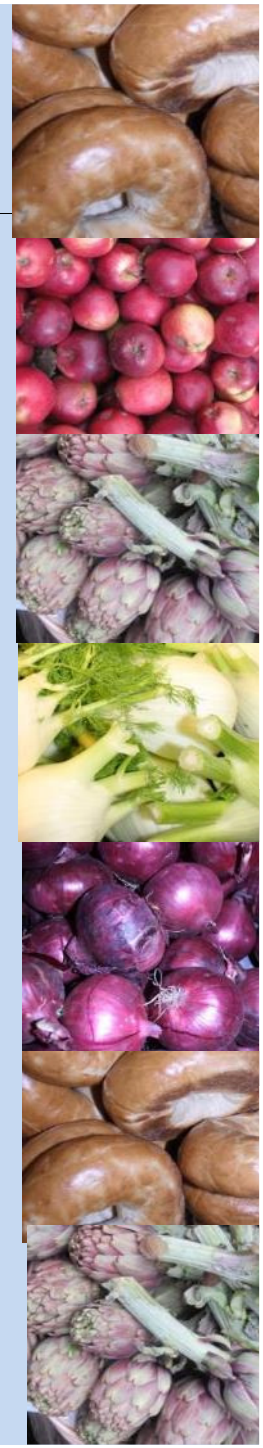
- More effective than steroids in children
- Less effective than steroids in adults

Fibre and prebiotics have variable effects on IBD, perhaps more effective in UC

Low FODMAP diet reduces functional gut symptoms, particularly in UC

Emulsifiers show impact on microbiome, permeability and colitis in mice, human studies are underway

Very limited data on 'special diets'



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