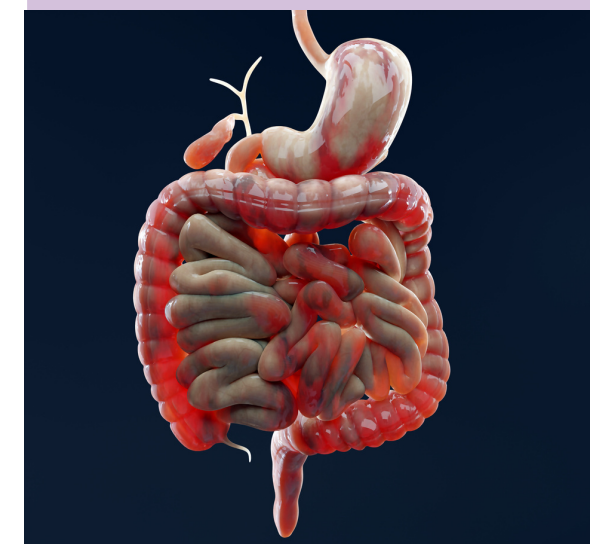




A LOW-FODMAP DIET PROVIDES BENEFITS FOR FUNCTIONAL GASTROINTESTINAL SYMPTOMS BUT NOT FOR IMPROVING STOOL CONSISTENCY AND MUCOSAL INFLAMMATION IN IBD: A SYSTEMATIC REVIEW AND META-ANALYSIS.

Peng, Z; Yi, J; Liu, X
Nutrients. 2022;14(10)
With Expert Review from [Kirsty Baxter](#)

This meta-analysis assessed the efficacy of a low fermentable oligosaccharides, disaccharides, monosaccharides, and polyols diet (LFD) in inflammatory bowel disease [IBD: ulcerative colitis (UC) and Crohn's disease (UC)] participants with functional gastrointestinal symptoms (FGSs). 9 studies (4 randomised controlled trials, 5 non-randomised studies) with a total of 351 participants diagnosed with IBD were included. In comparison with a regular diet, a LFD significantly reduced symptoms of bloating, wind, flatulence, abdominal pain, fatigue, and lethargy in patients with IBD. However, comparison diets were not standardised, suggesting the potential of different dietary habits to bias results. Heterogeneity of included studies, and the relatively small sample size of the studies also reduces the reliability of the results. Further robust studies are required to evaluate the evidence's robustness and identify the mechanism behind the improvement of symptoms.



THE ASSOCIATION BETWEEN TOTAL PROTEIN, ANIMAL PROTEIN, AND ANIMAL PROTEIN SOURCES WITH RISK OF INFLAMMATORY BOWEL DISEASES: A SYSTEMATIC REVIEW AND META-ANALYSIS OF COHORT STUDIES.

Talebi, S; Zeraattalab-Motlagh, S; Rahimlou, M; ; et al. Advances in nutrition (Bethesda, Md.). 2023;14(4):752-761

With Expert Review from [Dr Michelle Barrow](#)

The authors of this study conducted a dose-dependent meta-analysis of prospective cohort studies to examine the relation between total protein, animal protein, and animal protein sources with inflammatory bowel disease (IBD) in adults. Data from 11 prospective cohort studies with 8067 cases and 4,302,554 participants was extracted. Higher intake of dairy was associated with a lower risk of IBD; consumption of protein from dairy products was found to be protective against IBD risk. Higher dietary total meat intake was not associated with the risk of IBD; a positive linear association was found between total meat intake and risk of IBD; 100 g/d increment in dietary total meat consumption was associated with a 38% greater risk of IBD. No association was found between egg consumption and IBD risk. The findings indicated no notable correlation between the intake of the majority of dietary protein sources and the incidence of IBD. IBD risk only escalated with higher total meat consumption, while the intake of protein from dairy products emerged as a protective factor against the risk of IBD.

DIET AS AN OPTIONAL TREATMENT IN ADULTS WITH INFLAMMATORY BOWEL DISEASE: A SYSTEMATIC REVIEW OF THE LITERATURE.

jaramillo, AP; Abaza, A; Did Iris, F; et al. Cureus. 2023;15(7):e42057

With Expert Review from [Wilma Kirsten](#)

This systematic review evaluated the efficacy of diet as a preventative therapeutic treatment for Inflammatory Bowel Disease (IBD). A total of 9 studies (published in the last 5 years) were chosen. The articles included 6 randomised controlled trials (RCT), one systematic literature review (SLR) and two SLR and meta-analysis. The authors conclude that an anti-inflammatory diet may prolong clinical remission for ulcerative colitis patients. Crohn's Disease patients, with mild to severe symptoms, may tolerate both the Mediterranean Diet and the Specific Carbohydrate Diet equally well.

The authors advise a low FODMAP diet for a 4-week period combined with professional counselling and regular follow-up sessions to delay flare-up episodes. However the findings were based on a very limited number of scientific material that requires extensive further assessment prior to deriving any firm conclusions. Whilst concise, this limited review highlights the current lack of evidence supporting stand alone dietary strategies in preventing relapse for IBD patients.



THE ASSOCIATION BETWEEN VITAMIN D STATUS AND INFLAMMATORY BOWEL DISEASE AMONG CHILDREN AND ADOLESCENTS: A SYSTEMATIC REVIEW AND META-ANALYSIS.

Fatahi, S; Iyahyawi, N; Albadaw, N; et al. Frontiers in nutrition. 2022;9:1007725

With Expert Review from [Chloe Steele](#)

The aim of the study was to determine the relationship between serum vitamin D levels and paediatric inflammatory bowel disease (IBD). This systematic review and meta-analysis of 35 case-control, cross-sectional or cohort studies followed PRISMA and MOOSE guidelines. 4803 children were included with the majority from the United States, and the remainder from Australia, Finland, Denmark, Italy, South Korea, and Israel.

16 studies were appropriate for meta-analysis and showed a trend of lower vitamin D levels in children with IBD compared to healthy controls, but this was not statistically significant. 18 studies with 2602 children showed that the prevalence of vitamin D deficiency or insufficiency was 44%. The authors conclude that there was a non-significant trend towards lower serum vitamin D levels in children with IBD.

