The dietary intake of patients with Inflammatory Bowel Disease - how inflammatory is their diet?

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Background: Inflammatory bowel disease (IBD) describes chronic gastrointestinal tract inflammation affecting over 85,000 Australians. IBD has no cure.

Patients often modify their diet to manage symptoms.

Current guidelines lack specificity.

The Traditional Mediterranean Diet (TMD), is recognised for its anti-inflammatory properties and benefits on gut microbiota diversity.

It is unknown how inflammatory the usual dietary intake of individuals with IBD is.

Aim: investigate the dietary intake of patients with IBD compared to the TMD, and the dietary intake of the average Australian population.

Methods: A prospective dietary analysis of patients attending IBD outpatient clinic was conducted over a 9-month period. Dietary assessment included: a 24-hour recall and 17-point ready-reckoner to determine Mediterranean Diet Adherence Score (MEDAS). Dietary intake was compared to a representative sample of the Australian population for pro/anti-inflammatory components.

Figure 1: Aetiology of IBD

- Microbiome
- Genetics
- Environment

IBD

Figure 2: Mediterranean diet principles

Results:

- 100 participants were recruited.
- The mean MEDAS was 5.12/14 ± 1.3, with 4% scoring ≥9 (meeting TMD characteristics).
- Compared to healthy controls, individuals with IBD consumed significantly fewer daily serves of wholegrains and more serves of meat and eggs (less fiber).

Conclusion: The dietary intake of patients with IBD did not match anti-inflammatory characteristics of the TMD; containing less anti-inflammatory components compared to that of the Australian sample, suggesting exacerbation of inflammation overtime.