

Randomized controlled trial.

Patients with CD in symptomatic remission were randomized to:
Low meat group: consume not more than 1 serving/month of red meat or processed meat.

High red meat: To consume a minimum of two servings of red meat or processed meat each week.

Primary outcome: symptomatic relapse of CD, increase in the sCDAI by ≥ 70 points and to >150 or self-reported initiation or increase dose of an IBD medication or surgery for a flare of CD.

Results:

- Any relapse or moderate to severe relapse occurred 62% in the high meat group vs 42% of low-meat group, $p=0.61$ for any relapse or moderate-severe relapse $p=0.5$

Conclusions:

Among patients with CD in remission, level of red and processed meat consumption was not associated with time to symptomatic relapse

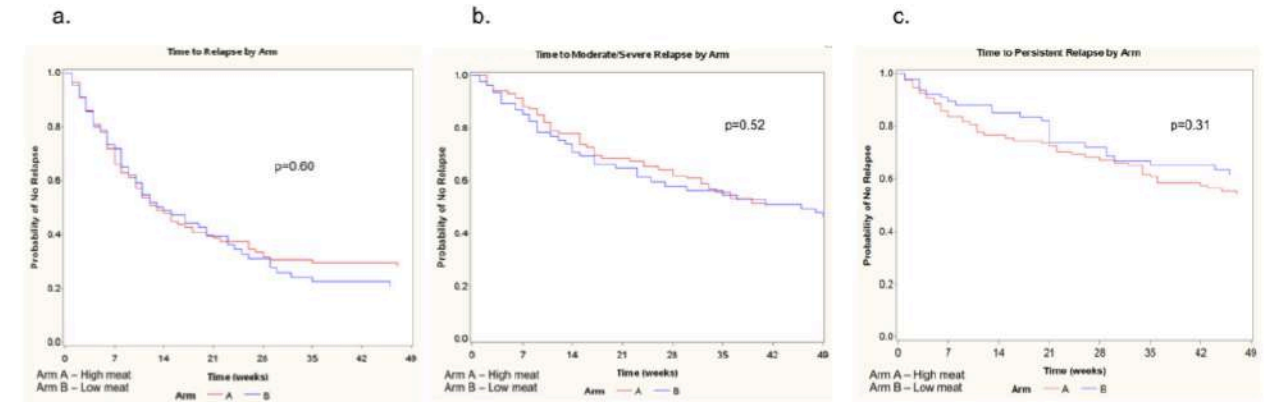


Figure 3.

Comparison of time to symptomatic relapse by arm

a. Time to any symptomatic relapse

b. Time to moderate to severe symptomatic relapse

c. Time to persistent symptomatic relapse