

Open label, randomized trial.
CD patients with mild-moderate symptoms were randomised to: 1:1 Mediterranean diet (MD) or Simple Carbohydrate Diet (SCD) for 12w; First 6 w prepared meals, then instructed to do it independently.

- Primary outcome: symptomatic remission at w6
- Secondary outcomes: FC response (<250) with ↓50% from baseline; CRP <5mg/L or ↓50%

Results:

- Symptomatic remission w6: 46.5% SCD vs 43.5% MD; p=ns
- FC response: 34.8% SCD vs 30.8% MD, p=ns
- CRP response: 5.4% SCD vs 3.6 % MD, p= ns

Conclusions:

SCD was not superior to MD to achieve symptomatic remission, FC response and CRP response. CRP response was uncommon. Given these results, the greater ease of following the MD, and other health benefits associated with MD, the MD may be preferred to the SCD for most patients with CD with mild to moderate symptoms

Mediterranean Style Diet and Specific Carbohydrate Diet™ Can Improve Symptoms of Patients with Crohn's Disease

