

Single center, double-blind trial. Pediatric patients with CD were randomized to Specific Carbohydrate Diet (SCD) modified SCD (mSCD) or whole foods (WF) diet.

Primary endpoints: Clinical remission at week 12 (PCDAI <10)

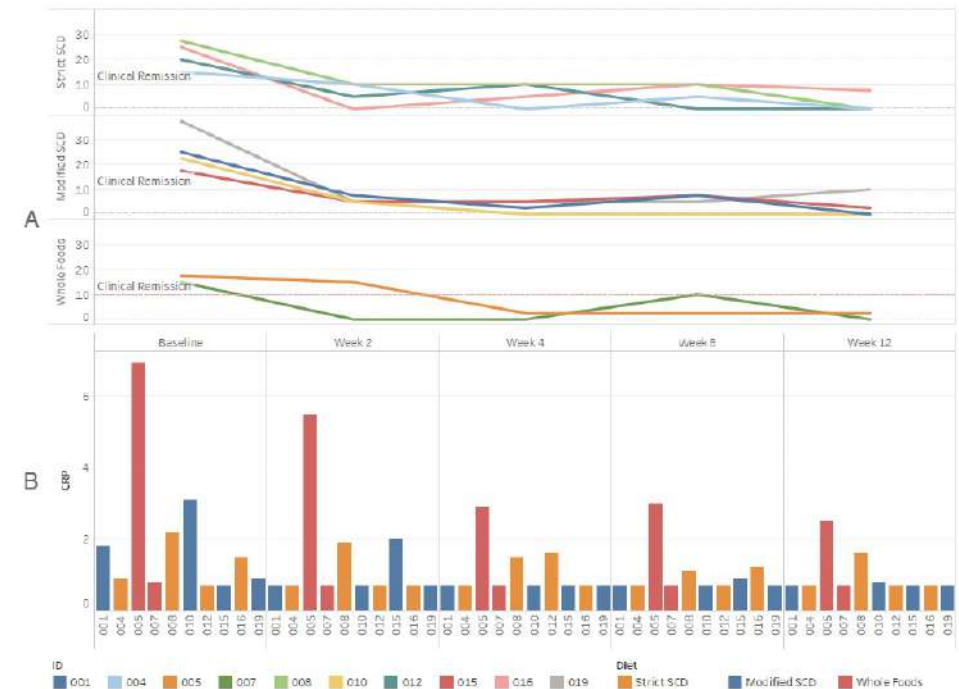
#### Results: N=18

- Of the patients who completed the study (n=10) all were in clinical remission at w12.
- C-reactive protein decreased in all groups.

#### Conclusion:

This study emphasizes the impact of diet in CD. Each diet had a positive effect on symptoms and inflammatory burden; the more exclusionary diets were associated with a better resolution of inflammation.

### The Specific Carbohydrate Diet and Diet Modification as Induction Therapy for Pediatric Crohn's Disease: A Randomized Diet Controlled Trial



**Figure 3.** Clinical and laboratory outcomes during dietary therapy. (A) Pediatric Crohn's disease Activity index per dietary therapy (SCD, MSCD, and WF) over 12 week study period (B) C-reactive protein per patient per dietary therapy (orange = SCD; blue = MSCD; red = WF) over 12 week study period.

