

Parallel group cross-over study. Patients with UC in remission or with mild disease were randomized to Low-fat high fiber (LFD, 10% calories from fat) vs improved standard American diet (iSAD, 35-40% calories from fat) for 4 weeks with 2 weeks washout period

Primary endpoint: Quality of life

Results:

- Participant diets were healthier than either study diet.
- All patients remained in remission
- LFD decreased serum A amyloid significantly but not iSAD
- Relative abundance of Actinobacteria in stool samples decreased on LFD diet p=0.017 and Bacteroidetes increased p=0.015.
- Faecalibacterium parusnitzii increased on LFD vs iSAD p=0.04

Conclusion:

In a cross-over study of patients with UC in remission, a catered LFD or iSAD were each well tolerated and increased quality of life. However, the LFD decreased markers of inflammation and reduced intestinal dysbiosis in fecal samples.

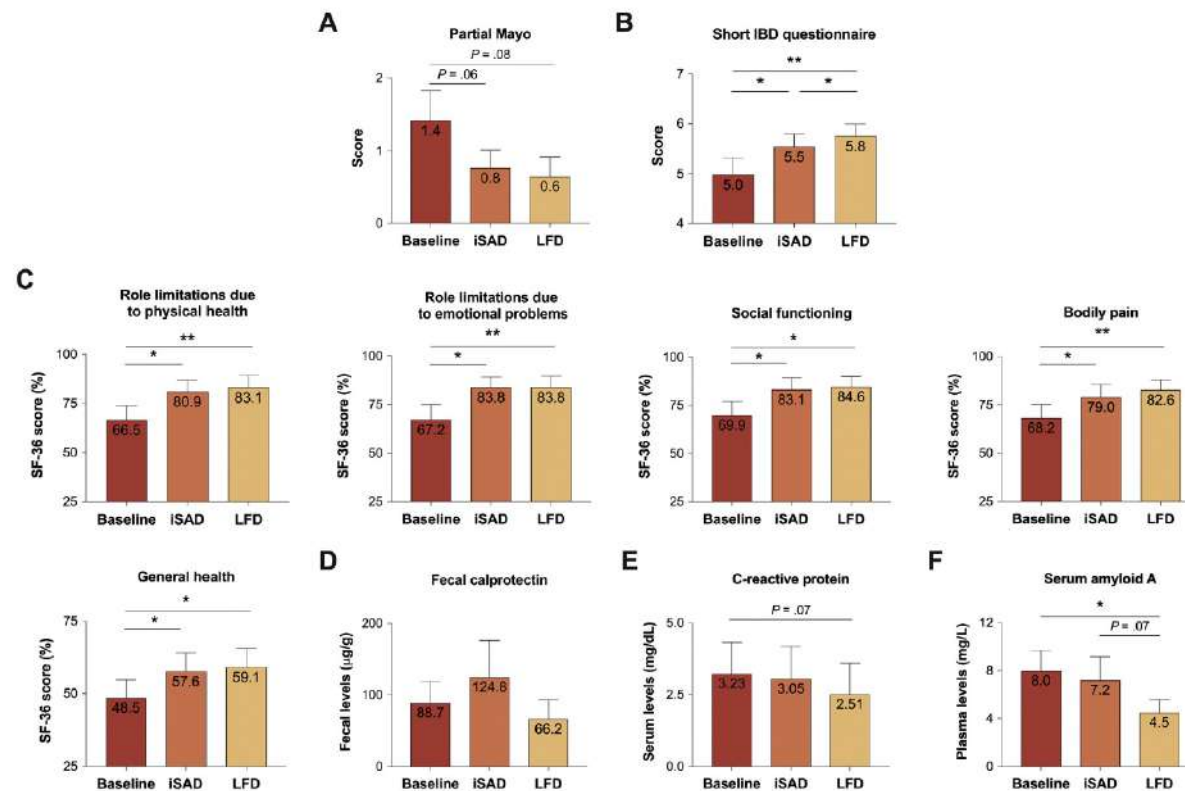


Figure 2. Effect of dietary interventions on clinical symptoms and quality of life. (A) Partial Mayo score was used to determine

