

Pilot 4-week prospective trial.  
Pediatric patients with Crohn's disease with mild-moderate active disease received a whole-food blended smoothie as EEN.

Primary endpoint: Clinical remission at w4.

Results: N=10

- Clinical remission was 80%
- Fecal calprotectin decrease below 250 $\mu$ g/g occurred in 60%
- Microbiome analysis showed significant increase in species richness p=0.01

Conclusion:

A whole-food blended smoothie was effective for inducing clinical remission and decreasing FCP in pediatric CD similar to commercial EEN formulas. Further research may give insight into data-driven whole-food dietary approaches for CD management.

**Table 2.** Treatment outcomes over 4 weeks.

Outcome	n (%)
Clinical remission	8 (80)
Clinical response	9 (90)
C-reactive protein normalization (<0.08)	7 (70)
FCP $\leq$ 50 $\mu$ g/g	1 (10)
FCP $\leq$ 100 $\mu$ g/g	4 (40)
FCP $\leq$ 250 $\mu$ g/g	6 (60)
FCP > 50% reduction	6 (60)

