

Time-Restricted Feeding Reduces Body Mass Index, Visceral Adiposity, Systemic Inflammation, and Clinical Disease Activity in Adults With Crohn's Disease: A Randomized Controlled Study

Single-center 12-week randomized controlled trial. Patients with overweight or obesity (OO) and Crohn's disease (CD) in clinical remission were randomized to time-restricted feeding (TRF) or a control group. TRF group fasted during 16 consecutive hours per day, 6 days per week, while consuming their habitual diet within an 8-hour window. Controls continued their usual unrestricted eating.

Primary endpoint: Relapse at 12 months

Results: N=35

- BMI decreased significantly in the TRF group vs controls, $p < 0.001$.
- No differences in energy intake and diet quality between groups were found.
- Clinical disease activity measured with HBI significantly decreased in the TRF group ($p = 0.02$)
- No differences were found between CRP or FC although differences were found in adipokines and both anti-inflammatory and pro-inflammatory cytokines.

Conclusion:

This randomized controlled trial provides promising evidence that TRF can reduce clinical disease activity in CD with OO, including those in remission.

