



**Did you know?**

... A novel exclusion diet appears to be effective and feasible for the induction of remission in children with mild to moderate UC?

The UCED diet was designed to alter dietary components that may adversely affect intestinal epithelium, mucus permeability and microbiome composition, which were previously linked to UC<sup>1-3</sup>

Prospective, single-arm, multicenter, open-label pilot study (USA, Canada, Israel)<sup>3</sup>

**Study population**



n=24 active pediatric UC  
(mean age 15,3 years)  
With PUCAI ≥ 10 on  
stable maintenance  
therapy (5-ASA, IMM)\*

**UCED dietary intervention for 6 weeks**

Mandatory foods

Fruits, vegetables



Allowed foods

Rice, potatoes (without limitations)  
Chicken, eggs, yoghurt,  
pasta (prescribed amounts)

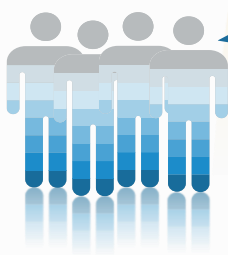


Excluded foods

Red meat,  
processed food



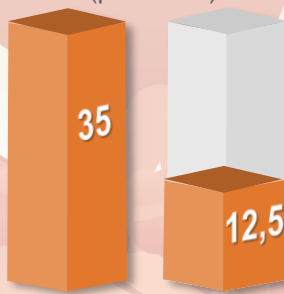
**Clinical Response<sup>a</sup> to UCED  
by week 6**



**70,8%**

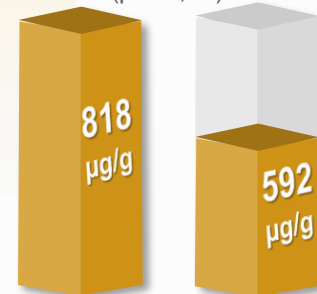
**Median PUCAI  
by week 6**

(p = 0.001)



**Median FC  
by week 6**

(p > 0,05)



**Treatment with UCED was accompanied by a significant decrease in total protein, saturated fat and iron, while there was a significant increase in total fiber consumption per day**

\*The patients were instructed to continue their pretreatment (5-ASA or IMM) without any dose change

<sup>a</sup>Clinical response defined as decrease in PUCAI score of at least 10 points

These findings suggest that diet may have a role for the induction of remission in mild to moderate UC in children and that may be used in conjunction with other medical therapies or instead of immune suppression in the future.<sup>3</sup>

5-ASA: 5-aminosalicylic acid; CS: corticosteroids; FC: Fecal calprotectin; IMM: Immune modulator; PUCAI: Pediatric Ulcerative Colitis Activity Index; UCED: Ulcerative colitis exclusion diet

1. Johansson MEV et al. Gut 2013, 63, 281–29. 3. Sarbagili-Shabat et al. Nutrients 2021; 13: 3736.  
2. Van der Post S et al. Gut 2019, 68, 2142–2151.