

# Diets compared for mild-to-moderate crohn disease in adults

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(HealthDay)—The specific carbohydrate diet (SCD) is not superior to

the Mediterranean diet (MD) for the remission of symptoms in adults with mild-to-moderate Crohn disease (CD), according to a study published online May 26 in *Gastroenterology*.

James D. Lewis, M.D., from the University of Pennsylvania in Philadelphia, and colleagues randomly assigned 194 [adult patients](#) with CD and mild-moderate symptoms to either MD or SCD for 12 weeks.

The researchers found that the percentage of participants who achieved symptomatic remission at week 6 was not superior with SCD (SCD: 46.5 percent; MD: 43.5 percent). Eight of 23 SCD participants and four of 13 MD participants achieved fecal calprotectin (FC) response (50 percent among those with baseline FC >250 µg/g), while two of 37 and one of 28, respectively, achieved a C-reactive protein (CRP) response (high-sensitivity CRP 50 percent reduction from baseline among those with high-sensitivity CRP >5 mg/L).

"Given these results, the greater ease of following the MD, and other [health benefits](#) associated with MD, the MD may be preferred to the SCD for most patients with CD with mild-to-moderate symptoms," the authors write.

Several authors disclosed financial ties to the pharmaceutical and biopharmaceutical industries.

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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