

Lower fiber intake tied to higher risk for later inflammatory bowel disease

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Higher consumption of dietary fiber was associated with a lower risk for

inflammatory bowel disease (IBD), according to a study published online July 18 in *Alimentary Pharmacology and Therapeutics*.

Minzi Deng, Ph.D., from Central South University in Changsha, China, and colleagues examined associations between [dietary fiber intake](#) and subsequent incidence of IBD, Crohn disease, and [ulcerative colitis](#). The analysis included 470,669 participants from the U.K. Biobank.

The researchers found that during an average follow-up of 12.1 years, there was an inverse association between dietary fiber intake and risk for IBD (lowest versus highest quintile: hazard ratio, 0.74; 95% confidence interval, 0.58 to 0.93; $P = 0.011$) and Crohn's disease (hazard ratio, 0.48; 95% confidence interval, 0.32 to 0.72; P

"Our findings support current recommendations to increase the intake of dietary fiber," the authors write. "Further studies are needed to obtain more [epidemiological evidence](#) from other populations and explore the potential role and mechanisms for specified dietary fiber intake sources in preventing different subtypes and phenotypes of IBD."

More information: Minzi Deng et al, Higher dietary fibre intake is associated with lower risk of inflammatory bowel disease: prospective cohort study, *Alimentary Pharmacology & Therapeutics* (2023). [DOI: 10.1111/apt.17649](#)

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