

Special Issue

Personalized Nutrition and Dietary Interventions in Inflammatory Bowel Disease (IBD)

Message from the Guest Editor

Inflammatory Bowel Disease (IBD), including Crohn's disease and ulcerative colitis, causes chronic gut inflammation, often leading to malnutrition and reduced quality of life. Diet influences symptom triggers and disease management. Common nutritional issues include protein-energy deficits, weight loss, and deficiencies in iron, B12, vitamin D, and zinc due to poor intake, malabsorption, or drug interactions.

Nutritional assessment is critical in IBD care. Interventions range from exclusive enteral nutrition (EEN)—effective for inducing remission in pediatric Crohn's—to tailored diets (e.g., low-FODMAP, specific carbohydrate) for symptom control and remission maintenance. Individualization is key, considering fiber, fat, and micronutrient needs.

Registered Dietitians are vital for personalized medical nutrition therapy, ensuring dietary adequacy and adherence. While further research is needed, optimizing nutrition is essential for improving outcomes and well-being in IBD patients.

Guest Editor

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Editor-in-Chief

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