

AGA clinical practice update on diet and nutritional therapies in patients with inflammatory bowel disease: expert review.

Guideline ID: 3593Published: 2024 Mar

American Gastroenterological Association (AGA) Institute

Hashash JG, Elkins J, Lewis JD, Binion DG. AGA clinical practice update on diet and nutritional therapies in patients with inflammatory bowel disease: expert review. 2024 Mar;166(3):521-532. [74 references] [PubMed](#)

 [View Original Guideline](#)

Overview

Guideline Objective

To provide best practice advice statements, primarily to clinical gastroenterologists, covering the topics of diet and nutritional therapies in the management of inflammatory bowel disease (IBD), while emphasizing identification and treatment of malnutrition in these patients

Patient Population

Patients with IBD

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Guidance on use of the Mediterranean diet, enteral nutrition, Crohn's disease exclusion diet, parenteral nutrition, and customized hydration management, based on diagnosis
- Screening for malnutrition, including unintended weight loss, edema and fluid retention, and fat and muscle mass loss
- Monitoring for vitamin D, iron, and vitamin B12 deficiency
- Role of a registered dietician
- Considerations for patients with symptomatic intestinal strictures or an intra-abdominal abscess and/or phlegmonous inflammation

Note: Full recommendation statements have not been provided because this guideline does not meet [EGT's systematic review of the evidence criteria](#). Refer to the [original guideline](#) for more information.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

- [The AGA Institute Process for Developing Clinical Practice Guidelines Part One: Grading the Evidence](#); 2013 Apr 1.

Implementation Tools

- [Video: Clinical Practice Update on Diet and Nutritional Therapies in Patients With IBD](#); 2024 Mar 14.

Patient Education

- [Inflammatory Bowel Disease \(IBD\)](#).
- [Crohn's Disease: Exclusive Enteral Nutrition](#).
- [Inflammatory Bowel Disease \(IBD\): Diet Tips](#).

Note: This patient information is intended to help patients better understand their health and their diagnosed disorders. Patients and their representatives should still consult with a licensed health care professional for evaluation of treatment options as well as answers to their personal medical questions.

Disclaimer

If you desire to use content from the original clinical practice guideline cited herein, you must contact the guideline developer directly to obtain permission rights.

ECRI's Guideline Profiles are designed to provide information and assist decision-making. Variations in practice will inevitably, and appropriately, occur when clinicians take into account the needs and preferences of individual patients, available resources, and limitations unique to an institution or type of practice. Every healthcare professional using these Guideline Profiles is responsible for evaluating the appropriateness of applying them in a clinical setting.