

Crohn's disease exclusion diet (CDED)

What is the Crohn's disease exclusion diet?

The Crohn's disease exclusion diet (CDED) is part whole foods diet and part formula. Some foods may not be allowed, and others may be limited. These foods could include those that:

- May have a bad effect on your child's gut bacteria.
- Change how your child's GI tract lining is protective.

The CDED has been studied in children with mild to moderate Crohn's disease. Studies show the diet can:

- Help with disease control.
- Help gut mucosa heal without the use of steroid medicines.

This diet is often used in combination with other medicines for Crohn's disease.

What are the parts of the CDED?

- **Mandatory foods.** This includes lean protein and fat. These foods:
 - Make sure your child gets high quality nutrition.
 - Help to improve your child's gut microbiome.
- **Allowed foods.** These foods help:
 - Your child grow and develop.
 - Support your child's gut bacteria.
- **Excluded foods.** These foods are not allowed on the diet. This is to help reduce inflammation.

Registered dietitians (nutritionists) who specialize in this diet will help you with food selection.

What are the phases of the CDED?

There are 2 phases of the diet. Each phase includes some formula.

Phase 1 - Induction phase

This phase lasts 12 weeks. The purpose of this phase is to put your child in remission. This is the most important phase to get good results. Your child must be strict with and commit to the diet.

- For the first 6 weeks, your child will get:
 - 50% (half) of their total calories from the allowed whole foods list (this includes 5 mandatory, or must-have, foods), **AND**
 - 50% (half) of their total calories from formula.
- For the next 6 weeks, your child will get:
 - 75% of their total calories from a larger whole foods list (this includes 5 mandatory, or must-have, foods), **AND**
 - 25% of their total calories from formula.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Crohn's disease exclusion diet (CDED), continued

Phase 2 - Maintenance phase

This phase starts at week 12. The goal is to keep your child in remission. This phase is designed to be less restrictive and to help your child stick to the diet long-term.

- During this phase, your child will get:
 - 75% of their total calories from the bigger whole foods list, **AND**
 - 25% of their total calories from formula.
- There are no mandatory, or must-have, foods during this phase.
- On 1 or 2 days a week, your child will get 2 “free” meals each day. This means your child can eat foods that are not part of the whole foods list.

What else do I need to know?

- Your child will follow this diet under the care of a doctor and a nutritionist and will have frequent follow up visits. Do not stop or change your child's diet without talking with their doctor first.
- Often, children need medicine along with the diet for the best outcome.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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