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*Nutrients* **2019** , *11* (6), 1385; *Nutrienti* **2019** , *11* (6), 1385; [https://doi.org/10.3390/nu11061385](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://doi.org/10.3390/nu11061385&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhgEZZqJRnAzfWSBL55AVTIN-PchfQ) [https://doi.org/10.3390/nu11061385](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://doi.org/10.3390/nu11061385&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhgEZZqJRnAzfWSBL55AVTIN-PchfQ)

Communication Comunicazione

Crohn's Disease Remission with a Plant-Based Diet: A Case Report Remissione della malattia di Crohn con una dieta a base vegetale: un caso clinico

[Kelsea Sandefur](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/search%3Fauthors%3DKelsea%2520Sandefur%26orcid%3D&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhgvnVYMP8DxlGRiEdlCInTZE6gxqw) 1,\* [Kelsea Sandefur](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/search%3Fauthors%3DKelsea%2520Sandefur%26orcid%3D&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhgvnVYMP8DxlGRiEdlCInTZE6gxqw) 1, \* , [Hana Kahleova](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/search%3Fauthors%3DHana%2520Kahleova%26orcid%3D0000-0003-0491-3993&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhhWa-8wfEpPU_QBXOqWxWio8HiUlQ) 2 , [Hana Kahleova](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/search%3Fauthors%3DHana%2520Kahleova%26orcid%3D0000-0003-0491-3993&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhhWa-8wfEpPU_QBXOqWxWio8HiUlQ) 2 , [Alan N. Desmond](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/search%3Fauthors%3DAlan%2520%2520N.%2520Desmond%26orcid%3D&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhgmxcwDOmKZL1ZDQlTA-2FHL3ebdg) 3,4 , [Alan N. Desmond](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/search%3Fauthors%3DAlan%2520%2520N.%2520Desmond%26orcid%3D&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhgmxcwDOmKZL1ZDQlTA-2FHL3ebdg) 3,4 , [Eden Elfrink](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/search%3Fauthors%3DEden%2520Elfrink%26orcid%3D0000-0001-9091-820X&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhgru_3qWhl-y7WmuMG95oDBZD9PCg) 1 , [Eden Elfrink](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/search%3Fauthors%3DEden%2520Elfrink%26orcid%3D0000-0001-9091-820X&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhgru_3qWhl-y7WmuMG95oDBZD9PCg) 1 and [Neal D. Barnard](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/search%3Fauthors%3DNeal%2520%2520D.%2520Barnard%26orcid%3D0000-0003-1635-3532&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhhUfh9HXEWq0qHCZQg0cyg7RWwpJQ) 2,5 e [Neal D. Barnard](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/search%3Fauthors%3DNeal%2520%2520D.%2520Barnard%26orcid%3D0000-0003-1635-3532&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhhUfh9HXEWq0qHCZQg0cyg7RWwpJQ) 2,5

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**Abstract Astratto :**

Crohn's disease (CD) is a form of chronic inflammatory bowel disease (IBD).La malattia di Crohn (CD) è una forma di malattia infiammatoria cronica intestinale (IBD). The etiology of CD is thought to be multi-factorial; L'eziologia del CD è pensata per essere multi-fattoriale; genetic factors, dietary and environmental exposures, immune events, and dysfunction of the gut microbiome are all though to play a role. fattori genetici, esposizioni dietetiche e ambientali, eventi immunitari e disfunzioni del microbioma intestinale sono tutti fattori che giocano un ruolo. The prevalence of CD is increasing globally and is higher in countries with a Westernized diet and lifestyle. La prevalenza di CD aumenta a livello globale ed è maggiore nei paesi con una dieta e uno stile di vita occidentalizzati. Several human trials have demonstrated that plant-based dietary therapies may have utility in both the treatment of acute CD flares and the maintenance of remission. Numerosi studi sull'uomo hanno dimostrato che le terapie dietetiche a base vegetale possono essere utili sia nel trattamento delle riacutizzazioni acute di CD che nel mantenimento della remissione. This case study describes a young adult male with newly diagnosed CD who failed to enter clinical remission despite standard medical therapy. Questo caso studio descrive un giovane maschio adulto con un nuovo CD diagnosticato che non è riuscito a entrare nella remissione clinica nonostante la terapia medica standard. After switching to a diet based exclusively on grains, legumes, vegetables, and fruits, he entered clinical remission without need for medication and showed no signs of CD on follow-up colonoscopy. Dopo il passaggio a una dieta basata **esclusivamente su cereali, legumi**, **verdure e frutta,** è entrato nella remissione clinica senza necessità di farmaci e non ha mostrato segni di CD nella colonscopia di follow-up.

Keywords: parole chiave: diet; dieta; nutrition; nutrizione; plant-based dietary lifestyle; stile di vita alimentare a base vegetale; whole food; l'intero cibo; Crohn's disease; Morbo di Crohn; CD; CD; inflammatory bowel disease; malattia infiammatoria intestinale; IBD; IBD; microbiome microbiome

**1. Introduction 1. Introduzione**

Crohn's disease (CD) was named for gastroenterologist Dr. Burrill B. Crohn who described a condition he called “terminal ileitis” in 1932 [ [1](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B1-nutrients-11-01385) ]. Il morbo di Crohn (CD) è stato chiamato per il gastroenterologo Dr. Burrill B. Crohn che descrisse una condizione che chiamò "ileite terminale" nel 1932 [ [1](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B1-nutrients-11-01385) ]. Descriptions of this condition can be found as far back as the 1700s [ [1](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B1-nutrients-11-01385) ]. Le descrizioni di questa condizione possono essere trovate già nel 1700 [ [1](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B1-nutrients-11-01385) ]. The condition is commonly described as a disorder of uncertain etiology [ [2](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B2-nutrients-11-01385) ]. La condizione è comunemente descritta come un disturbo di eziologia incerta [ [2](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B2-nutrients-11-01385) ]. It is thought to be provoked by a combination of genetics, dietary and environmental exposures, immune changes, and an abnormal balance of gut bacteria [ [3](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B3-nutrients-11-01385) ]. Si pensa che sia provocata da una combinazione di genetica, esposizioni alimentari e ambientali, cambiamenti immunitari e un equilibrio anormale dei batteri intestinali [[3](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B3-nutrients-11-01385) ].

CD is characterized by segments of transmural inflammation of the gastrointestinal tract which may occur anywhere from the mouth to the perianal area. Il CD è caratterizzato da segmenti di infiammazione transmurale del tratto gastrointestinale che possono verificarsi ovunque dalla bocca alla zona perianale. Median age at diagnosis is 40 years [ [2](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B2-nutrients-11-01385) ]. L'età media alla diagnosi è di 40 anni[[2](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B2-nutrients-11-01385)]. Clinical manifestations are variable but include diarrhea, abdominal pain, rectal bleeding, fatigue, and weight loss. Le manifestazioni cliniche sono variabili ma includono diarrea, dolore addominale, sanguinamento rettale, affaticamento e perdita di peso. Segments of inflamed bowel are characterized by ulceration and polypoid mucosal changes which give a typical “cobblestone” appearance. I segmenti di intestino infiammato sono caratterizzati da ulcerazioni e alterazioni della mucosa polipoide che conferiscono un tipico aspetto "a ciottoli". Definitive diagnosis of CD is made by identifying the typical appearances at ileo-colonoscopy with biopsy and histological confirmation. La diagnosi definitiva del CD viene fatta identificando le tipiche apparizioni a ileo-colonoscopia con biopsia e conferma istologica. Biopsies demonstrate typical granulomatous inflammation [ [2](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B2-nutrients-11-01385) ]. Le biopsie dimostrano l'infiammazione granulomatosa tipica [ [2](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B2-nutrients-11-01385) ]. Up to one-third of patients have stricturing or penetrating intestinal complication at diagnosis, and half of all patients require surgery within 10 years of diagnosis [ [2](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B2-nutrients-11-01385) ]. Fino a un terzo dei pazienti ha una complicazione o una complicazione intestinale complicazione alla diagnosi e la metà di tutti i pazienti richiede un intervento chirurgico entro 10 anni dalla diagnosi [ [2](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B2-nutrients-11-01385) ]. Patients typically experience periods of inflammatory disease flares and periods of symptomatic remission. I pazienti in genere subiscono periodi di riacutizzazione della malattia infiammatoria e periodi di remissione sintomatica. The majority of patients do not achieve prolonged clinical remission [ [3](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B3-nutrients-11-01385) ]. La maggior parte dei pazienti non raggiunge una remissione clinica prolungata [ [3](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B3-nutrients-11-01385) ].

The prevalence of CD in the United States and Europe increased throughout the 20th century and has now plateaued. La prevalenza di CD negli Stati Uniti e in Europa è aumentata per tutto il 20 ° secolo e ora ha raggiunto il plateau. Approximately 1 in 315 people in the United States and 1 in 310 people in Germany have been diagnosed with CD [ [4](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B4-nutrients-11-01385) ]. Circa 1 su 315 persone negli Stati Uniti e 1 su 310 persone in Germania sono state diagnosticate con CD [ [4](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B4-nutrients-11-01385) ]. In the early 21st century, CD has emerged as a global disease with accelerating incidence in newly industrialized countries [ [4](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B4-nutrients-11-01385) ]. All'inizio del XXI secolo, il CD è emerso come una malattia globale con un'incidenza accelerata nei paesi di nuova industrializzazione [ [4](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B4-nutrients-11-01385) ]. Multiple epidemiological studies have found associations between dietary intakes and inflammatory bowel disease (IBD). Diversi studi epidemiologici hanno trovato associazioni tra l'assunzione di alimenti e la malattia infiammatoria intestinale (IBD). Diets that are higher in refined carbohydrates, animal protein, total fat, and dairy fat have been positively associated with IBD prevalence [ [4](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B4-nutrients-11-01385) , [5](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B5-nutrients-11-01385) , [6](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B6-nutrients-11-01385) , [7](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B7-nutrients-11-01385) , [8](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B8-nutrients-11-01385) , [9](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B9-nutrients-11-01385) , [10](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B10-nutrients-11-01385) ]. Le diete più elevate di carboidrati raffinati, proteine ​​animali, grassi totali e grassi caseari sono state associate positivamente alla prevalenza di IBD [ [4](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B4-nutrients-11-01385) , [5](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B5-nutrients-11-01385) , [6](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B6-nutrients-11-01385) , [7](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B7-nutrients-11-01385) , [8](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B8-nutrients-11-01385) , [9](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B9-nutrients-11-01385) , [10](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B10-nutrients-11-01385) ]. IBD is also more common in populations with higher intakes of ultra-processed foods [ [11](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B11-nutrients-11-01385) ]. L'IBD è anche più comune nelle popolazioni con maggiore assunzione di alimenti ultra-elaborati [ [11](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B11-nutrients-11-01385) ]. Conversely, higher intakes of fruits, vegetables, whole grains, and legumes may have a protective effect [ [7](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B7-nutrients-11-01385) , [10](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B10-nutrients-11-01385) , [11](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B11-nutrients-11-01385) , [12](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B12-nutrients-11-01385) ]. Viceversa, l'assunzione più elevata di frutta, verdura, cereali integrali e legumi può avere un effetto protettivo [ [7](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B7-nutrients-11-01385) , [10](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B10-nutrients-11-01385) , [11](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B11-nutrients-11-01385) , [12](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B12-nutrients-11-01385) ].

The gut microbiota may be a crucial mediator between diet and CD pathogenesis [ [13](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B13-nutrients-11-01385) ]. Il microbiota intestinale può essere un mediatore cruciale tra la dieta e la patogenesi del CD [ [13](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B13-nutrients-11-01385) ]. For example, common food emulsifiers and artificial flavor enhancers have been shown to promote the growth and pathogenic action of adherent-invasive E. coli (AIEC), harmful bacteria found in the microbiota of patients with CD [ [14](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B14-nutrients-11-01385) , [15](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B15-nutrients-11-01385) ]. Ad esempio, gli emulsionanti alimentari comuni e gli esaltatori di aromi artificiali hanno dimostrato di promuovere la crescita e l'azione patogena di E. coli aderente (AIEC), batteri nocivi presenti nel microbiota di pazienti con CD [ [14](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B14-nutrients-11-01385) , [15](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B15-nutrients-11-01385) ]. In contrast, dietary concentrations of soluble plant polysaccharides have been shown to downregulate AIEC adherence [ [14](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B14-nutrients-11-01385) ]. Al contrario, è stato dimostrato che le concentrazioni alimentari di polisaccaridi vegetali solubili riducono l'aderenza AIEC [ [14](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B14-nutrients-11-01385) ]. A diet that is high in animal products and low in fiber can induce rapid changes in the human gut microbiota and provoke an outgrowth of bacterial subtypes that have been associated with IBD pathogenesis [ [16](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B16-nutrients-11-01385) ]. Una dieta ad alto contenuto di prodotti animali e povera di fibre può indurre rapidi cambiamenti nel microbiota intestinale umano e provocare una crescita dei sottotipi batterici che sono stati associati alla patogenesi dell'IBD [ [16](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B16-nutrients-11-01385) ].

Prospective case series have shown that a diet that eliminates or restricts dairy foods, animal protein, animal fat, emulsifiers, and other artificial food additives can induce CD remission. Le serie di casi prospettici hanno dimostrato che una dieta che elimina o limita i latticini, le proteine ​​animali, il grasso animale, gli emulsionanti e altri additivi alimentari artificiali può indurre la remissione del CD. This dietary intervention is effective in patients with newly diagnosed active CD and in patients with established CD who have failed to respond to standard medical therapy, with reported clinical remission rates of 78.7% and 90.4%, respectively [ [17](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B17-nutrients-11-01385) , [18](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B18-nutrients-11-01385) ]. Questo intervento dietetico è efficace in pazienti con CD attivo di nuova diagnosi e in pazienti con CD stabilito che non hanno risposto alla terapia medica standard, con tassi di remissione clinica riportati del 78,7% e 90,4%, rispettivamente [ [17](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B17-nutrients-11-01385) , [18](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B18-nutrients-11-01385) ]. Whole food dietary intervention is also well tolerated by patients with CD, with excellent adherence [ [19](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B19-nutrients-11-01385) ]. Anche l'intervento dietetico con cibi integrali è ben tollerato dai pazienti con CD, con eccellente aderenza [ [19](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B19-nutrients-11-01385) ].

A diet that focuses on whole foods and plant-based sources of protein has also been reported to be beneficial in the maintenance of CD remission [ [20](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B20-nutrients-11-01385) ]. Una dieta che si concentra su cibi integrali e fonti di proteine ​​vegetali è anche stata segnalata come benefica nel mantenimento della remissione di CD [ [20](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B20-nutrients-11-01385) ]. One controlled case series of 22 patients demonstrated a remission rate of 92% in CD patients who adhered to a whole food semi-vegetarian diet for two years, compared to 25% in patients who continued with a standard omnivorous diet. Una serie di casi controllati di 22 pazienti ha dimostrato un tasso di remissione del 92% nei pazienti con CD che hanno aderito a una dieta semi-vegetariana completa per due anni, rispetto al 25% nei pazienti che hanno continuato con una dieta omnivora standard.

Dietary intervention with exclusive enteral nutrition or elemental feeding is a well-established treatment for both adults and children with CD [ [21](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B21-nutrients-11-01385) ]. L'intervento dietetico con nutrizione enterale esclusiva o alimentazione elementare è un trattamento ben consolidato sia per gli adulti che per i bambini con CD [ [21](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B21-nutrients-11-01385) ]. Recent advances in our understanding of CD pathogenesis suggest that this mode of treatment is successful because it excludes the common dietary components that may aggravate CD. I recenti progressi nella nostra comprensione della patogenesi del CD suggeriscono che questa modalità di trattamento ha successo perché esclude i componenti alimentari comuni che possono aggravare il CD. A whole food dietary approach focused on plant-based sources of nutrition may be able to deliver the same therapeutic benefit [ [22](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B22-nutrients-11-01385) ]. Un approccio dietetico alimentare completo focalizzato sulle fonti di alimentazione vegetali può essere in grado di fornire lo stesso beneficio terapeutico [ [22](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B22-nutrients-11-01385) ].

**2. Case 2. Caso**

In November 2014, a 25-year-old-male presented to the Department of Gastroenterology at a secondary care facility after having experienced several months of weight loss, diarrhea, and flu-like symptoms. Nel novembre 2014, un uomo di 25 anni si è presentato al Dipartimento di Gastroenterologia presso una struttura di assistenza secondaria dopo aver sperimentato diversi mesi di perdita di peso, diarrea e sintomi simil-influenzali. He had a past medical history of peri-anal abscess and was on no prescribed or over-the-counter medications. Aveva una storia medica pregressa di ascessi peri-anali e non assumeva farmaci prescritti o da banco. He was a non-smoker. Era un non fumatore. Ileo-colonoscopy demonstrated moderately inflamed mucosa with nodular congestion, marked erythema, and multiple shallow ulcers in the terminal ileum with minimal colonic involvement ( [Figure 1](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#nutrients-11-01385-f001) ). Ileo-colonscopia ha dimostrato mucosa moderatamente infiammata con congestione nodulare, eritema marcato e ulcere poco profonde nell'ileo terminale con coinvolgimento colonico minimo ( [Figura 1](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#nutrients-11-01385-f001) ). The ileocecal valve appeared normal. La valvola ileocecale appariva normale. A few small, non-bleeding mucosal erosions were present within the colon; Alcune piccole erosioni mucose non sanguinanti erano presenti all'interno del colon; at the hepatic flexure, transverse colon, and sigmoid colon. alla flessione epatica, al colon trasverso e al colon sigmoideo. The overall impression was ileo-colonic Crohn's disease with moderately severe and active ileal disease. L'impressione generale è stata il morbo di Crohn ileo-coloniale con malattia ileale moderatamente grave e attiva. Biopsies gave histopathological confirmation of moderately active ileal Crohn's disease with mild, patchy colonic inflammation. Le biopsie hanno dato conferma istopatologica del morbo di Crohn ileale moderatamente attivo con un'infiammazione lieve e irregolare del colon. At diagnosis, his symptoms indicated a Harvey-Bradshaw Index (HBI) score of 17, indicating moderately severe disease [ [23](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B23-nutrients-11-01385) ]. Alla diagnosi, i suoi sintomi indicavano un punteggio di Harvey-Bradshaw Index (HBI) di 17, che indicava una malattia moderatamente grave [ [23](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B23-nutrients-11-01385) ].

Treatment was commenced January 2015 with the biologic agent infliximab, 5 mg/kg by intravenous infusion every 8 weeks.Il trattamento è iniziato a gennaio 2015 con l'agente biologico infliximab, 5 mg / kg per infusione endovenosa ogni 8 settimane. After 37 weeks, the treatment dose was escalated to 7.5 mg/kg due to lack of symptomatic clinical response. Dopo 37 settimane, la dose del trattamento è stata aumentata a 7,5 mg / kg a causa della mancanza di risposta clinica sintomatica. The patient's symptoms improved, but he did not achieve clinical remission. I sintomi del paziente sono migliorati, ma non ha raggiunto la remissione clinica. After 1 year of infliximab treatment, his HBI score was 5, indicating mildly active disease. Dopo 1 anno di trattamento con infliximab, il suo punteggio HBI era 5, indicando una malattia lievemente attiva. Although he had demonstrated significant clinical response to therapy, he had failed to achieve clinical remission and continued to experience fatigue, bloating, and episodic severe abdominal pain. Sebbene avesse dimostrato una significativa risposta clinica alla terapia, non era riuscito a ottenere la remissione clinica e ha continuato a provare affaticamento, gonfiore e dolore addominale grave episodico.

In March 2017, having been on infliximab for 2 years, the patient reported a complete elimination of animal products and processed foods from his diet for forty days during a period of religious observation.Nel marzo 2017, dopo 2 anni di infliximab, il paziente ha segnalato una **completa eliminazione di prodotti animali e alimenti trasformati** dalla sua dieta per quaranta giorni durante un periodo di osservazione religiosa. During this time, he experienced a complete resolution of symptoms (HBI 0). Durante questo periodo, ha sperimentato una completa risoluzione dei sintomi (HBI 0). Prior to this, his diet had been the typical American diet consisting of daily consumption of meat, dairy products, refined grains, processed foods, and modest amounts of vegetables and fruits. Prima di questo, la sua dieta era stata la tipica dieta americana consistente nel consumo giornaliero di carne, latticini, cereali raffinati, cibi lavorati e modeste quantità di frutta e verdura. Having experienced complete clinical remission for the first time since his Crohn's disease diagnosis, the patient decided to switch to a whole food, plant-based diet permanently, severely reducing his intake of processed foods and limiting animal products to one serving, or less, per week. Dopo aver sperimentato la remissione clinica completa per la prima volta dalla diagnosi della sua malattia di Crohn, il paziente ha deciso di ***passare a una dieta alimentare completa, a base vegetale, riducendo drasticamente l'assunzione di alimenti trasformati e limitando i prodotti animali a una dose, o meno, per settimana. There were a few reported periods of poor diet adherence, at which point symptoms of fatigue, nausea, bloating, and occasional aphthous ulcers would recur (HBI 2).*** Ci sono stati alcuni periodi segnalati di scarsa aderenza alla dieta, a quel punto si sarebbero manifestati sintomi di stanchezza, nausea, gonfiore e occasionali ulcere aftose (HBI 2). HBI scores decreased back to 0 with adherence to the plant-based diet. I punteggi HBI sono diminuiti fino a 0 con l'aderenza alla dieta a base vegetale. He also began to employ stress-relief strategies including yoga, weight-lifting, and running. Cominciò anche ad adottare strategie di riduzione dello stress tra cui yoga, sollevamento pesi e corsa. After 6 months of implementing these changes in diet and lifestyle, a follow-up ileo-colonoscopy in August 2017 demonstrated complete mucosal healing with no visible evidence of Crohn's disease ( [Figure 2](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#nutrients-11-01385-f002) ). Dopo 6 mesi di implementazione di questi cambiamenti nella dieta e nello stile di vita, un follow-up ileo-colonoscopia nell'agosto 2017 ha dimostrato una completa guarigione della mucosa senza evidenza visibile della malattia di Crohn ( [Figura 2](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#nutrients-11-01385-f002) ).

One year after this follow-up colonoscopy, infliximab therapy was ceased based upon ongoing complete clinical remission.Un anno dopo questa colonscopia di follow-up, la terapia con infliximab è stata interrotta in base alla remissione clinica completa in corso. As of May 2019, the patient had been off standard medical therapy for a total of 10 months and had not yet experienced a significant clinical relapse. A partire da maggio 2019, il paziente era stato fuori terapia medica standard per un totale di 10 mesi e non aveva ancora avuto una significativa ricaduta clinica.

**3. Discussion 3. Discussione**

Standard medical therapy for patients with newly diagnosed CD focuses on inducing and then maintaining remission.La terapia medica standard per i pazienti con CD di nuova diagnosi si concentra sull'indurre e quindi mantenere la remissione. For low-risk patients, induction of remission is generally sought using tapering doses of oral budesonide or prednisolone [ [24](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B24-nutrients-11-01385) ], prescribed for durations of 6–8 weeks. Per i pazienti a basso rischio, l'induzione di remissione è generalmente richiesta usando dosi affusolate di budesonide orale o prednisolone [ [24](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B24-nutrients-11-01385) ], prescritte per periodi di 6-8 settimane. Patients who require repeated courses of steroid medications are escalated to treatment with thiopurine medications (azathioprine or 6-mercaptopurine). I pazienti che richiedono cicli ripetuti di farmaci steroidei vengono sottoposti a trattamento con medicinali tiopurinici (azatioprina o 6-mercaptopurina). If further treatment escalation is required, a biologic drug such as infliximab or adalimumab is commenced. Se è necessaria un'ulteriore escalation del trattamento, viene avviato un farmaco biologico come infliximab o adalimumab. In patients with high-risk features predictive of a more severe disease phenotype, clinicians will often employ a “top-down approach” with the early introduction of biologic drugs to induce and maintain remission. Nei pazienti con caratteristiche ad alto rischio predittivo di un fenotipo più grave della malattia, i medici impiegheranno spesso un "approccio top-down" con l'introduzione precoce di farmaci biologici per indurre e mantenere la remissione. Maintenance therapy in high-risk patients requires ongoing therapy with thiopurines and/or biologic drugs for at least 12 months [ [25](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B25-nutrients-11-01385) ]. La terapia di mantenimento in pazienti ad alto rischio richiede una terapia continua con tiopurine e / o farmaci biologici per almeno 12 mesi [ [25](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B25-nutrients-11-01385) ]. The patient in this case report was considered high-risk due to his moderately severe inflammation, severity of symptoms, diagnosis under the age of thirty, and his perianal disease. Il paziente in questo caso clinico era considerato ad alto rischio a causa della sua infiammazione moderatamente grave, della gravità dei sintomi, della diagnosi al di sotto dei trent'anni e della sua malattia perianale. Despite current treatment regimens, only 10% of traditionally managed CD patients achieve long-term remission and 50% of patients require surgery within 10 years of diagnosis [ [25](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B25-nutrients-11-01385) ]. Nonostante gli attuali regimi di trattamento, solo il 10% dei pazienti con CD tradizionalmente gestiti ottiene una remissione a lungo termine e il 50% dei pazienti richiede un intervento chirurgico entro 10 anni dalla diagnosi [ [25](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B25-nutrients-11-01385) ].

Both Kappelman et al.Sia Kappelman et al. [ [26](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B26-nutrients-11-01385) ] and M'Koma [ [27](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B27-nutrients-11-01385) ] discussed the increasing global burden of IBD in recent years and the need for a plan on how to address this. [ [26](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B26-nutrients-11-01385) ] e M'Koma [ [27](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B27-nutrients-11-01385) ] hanno discusso del crescente carico globale di IBD negli ultimi anni e della necessità di un piano su come affrontarlo. Multiple human trials [ [16](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B16-nutrients-11-01385) , [17](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B17-nutrients-11-01385) , [18](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B18-nutrients-11-01385) , [19](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B19-nutrients-11-01385) , [20](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B20-nutrients-11-01385) , [21](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B21-nutrients-11-01385) ] have reported that a decrease in animal products and dairy and an increase in whole plant foods improved the clinical signs and symptoms of IBD patients, in particular CD. Diversi studi sull'uomo [ [16](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B16-nutrients-11-01385) , [17](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B17-nutrients-11-01385) , [18](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B18-nutrients-11-01385) , [19](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B19-nutrients-11-01385) , [20](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B20-nutrients-11-01385) , [21](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B21-nutrients-11-01385) ] hanno riportato che una diminuzione dei prodotti animali e dei latticini e un aumento degli alimenti vegetali interi hanno migliorato i segni e i sintomi clinici dei pazienti con IBD, in particolare il CD. Chiba et al. Chiba et al. [ [20](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B20-nutrients-11-01385) ] showed 100% maintenance of medically-induced remission at 2 years in 15 of 16 patients using a semi-vegetarian diet. [ [20](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B20-nutrients-11-01385) ] hanno mostrato il 100% di mantenimento della remissione medicalmente indotta a 2 anni in 15 su 16 pazienti che utilizzavano una dieta semi-vegetariana. For comparison, a combination of infliximab and azathioprine, without dietary intervention, has been reported to achieve 6-month clinical remission in only 57% of cases [ [28](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B28-nutrients-11-01385) ]. Per confronto, è stata riportata una combinazione di infliximab e azatioprina, senza intervento dietetico, per ottenere una remissione clinica di 6 mesi solo nel 57% dei casi [ [28](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B28-nutrients-11-01385) ].

A whole food diet has previously been proposed as a successful adjunct to therapy in patients with CD.Una dieta alimentare completa è stata precedentemente proposta come aggiunta di successo alla terapia in pazienti con CD. Case series of patients treated with a Crohn's Disease Elimination Diet (CDED) have reported six-week remission rates of 70.6% in newly diagnosed patients and 62% in patients with established disease. Le serie di casi di pazienti trattati con una dieta di eliminazione della malattia di Crohn (CDED) hanno riportato tassi di remissione a sei settimane del 70,6% nei pazienti con nuova diagnosi e il 62% nei pazienti con malattia accertata. The CDED protocol shares many of the defining characteristics of a whole food, plant-based diet: excluding or minimizing exposure to food emulsifiers, flavor enhancers, sources of omega-6 fatty acids, and dairy products, while providing sources of plant poly-saccharides and dietary fiber [ [18](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B18-nutrients-11-01385) ]. Il protocollo CDED condivide molte delle caratteristiche che definiscono un'intera dieta alimentare a base vegetale: escludendo o riducendo al minimo l'esposizione ad emulsionanti alimentari, esaltatori di sapidità, fonti di acidi grassi omega-6 e prodotti caseari, fornendo al contempo fonti di polisaccaridi vegetali e fibra alimentare [ [18](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B18-nutrients-11-01385) ].

A plant-based diet appears to be beneficial for human health by promoting the development of more diverse microbial systems [ [13](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B13-nutrients-11-01385) ].Una dieta a base vegetale sembra essere benefica per la salute umana promuovendo lo sviluppo di sistemi microbici più diversificati [ [13](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B13-nutrients-11-01385) ]. Higher fiber intake also encourages the growth of species that ferment fiber into metabolites as short-chain fatty acids (SCFAs), including acetate, propionate, and butyrate. L'assunzione di fibre più elevate incoraggia anche la crescita di specie che trasformano le fibre in metaboliti come acidi grassi a catena corta (SCFA), tra cui acetato, propionato e butirrato. The positive health effects of SCFAs are myriad, including improved immunity against pathogens, blood–brain barrier integrity, provision of energy substrates, and regulation of critical functions of the intestine [ [29](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B29-nutrients-11-01385) ]. Gli effetti positivi sulla salute degli SCFA sono innumerevoli, tra cui una maggiore immunità contro i patogeni, l'integrità della barriera emato-encefalica, la fornitura di substrati energetici e la regolazione delle funzioni critiche dell'intestino [ [29](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B29-nutrients-11-01385) ].

Two limitations of this case report are that the patient was on therapy during the duration in which the dietary alteration occurred and that the diet was not recorded with a food diary. Due limitazioni di questo caso clinico sono che il paziente era in terapia durante il periodo in cui si è verificata l'alterazione della dieta e che la dieta non è stata registrata con un diario alimentare. A diet consisting of whole grains, legumes, fruits, and vegetables has been shown to be helpful in the prevention and treatment of heart disease, obesity, diabetes, hypertension, gallbladder disease, rheumatoid arthritis, and many cancers [ [30](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B30-nutrients-11-01385) ]. Una dieta composta da cereali integrali, legumi, frutta e verdura ha dimostrato di essere utile nella prevenzione e nel trattamento di malattie cardiache, obesità, diabete, ipertensione, malattia della colecisti, artrite reumatoide e molti tumori [ [30](mhtml:file://C:\Users\Antonio\Desktop\Nutrienti%20_%20Full-Text%20gratuito%20_%20Remissione%20della%20malattia%20di%20Crohn%20con%20una%20dieta%20a%20base%20vegetale_%20un%20caso%20clinico%20HTML.mhtml!https://translate.googleusercontent.com/translate_c?depth=1&nv=1&rurl=translate.google.com&sl=auto&sp=nmt4&tl=it&u=https://www.mdpi.com/2072-6643/11/6/1385/htm&xid=17259,15700022,15700186,15700190,15700256,15700259,15700262&usg=ALkJrhid2ea9SFNWVx0GBONRhuQKyv6jXA#B30-nutrients-11-01385) ]. Although further research is required, taken in the context of emerging evidence, this case report suggests that Crohn's disease might be added to this list of conditions. Sebbene siano necessarie ulteriori ricerche, prese nel contesto di prove emergenti, questo case report suggerisce che la malattia di Crohn potrebbe essere aggiunta a questa lista di condizioni.

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**Figure 1.** Photographs from diagnostic ileo-colonoscopy in December 2014: inflamed terminal ileum with the typical cobble stone mucosa and ulceration of Crohn's disease. **Figura 1.** Fotografie da ileo-colonscopia diagnostica nel dicembre 2014: ileo terminale infiammato con la tipica mucosa del ciottolo e ulcerazione della malattia di Crohn.

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