

Early-Life Diet is Associated with Risk of Inflammatory Bowel Disease

Population



Sweden
ABIS
n=11,013

Norway
MoBa
n=70,267



National
Patient
Registry



IBD, CD
and UC

Exposure



Diet Quality defined by
Healthy Eating Index

1 YEAR

3 YEARS



Food Intake of
Individual Food Groups

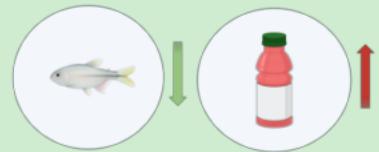
Results



At 1 year, high
Diet Quality was
associated with
reduced risk of IBD



High
Vegetable
Intake



High
Fish Intake



Sugar-sweetened
beverages Intake



81,280 children
307 IBD events