



GI DREAM

Gastrointestinal Dietitians
for Research, Education,
Advocacy and Mentoring

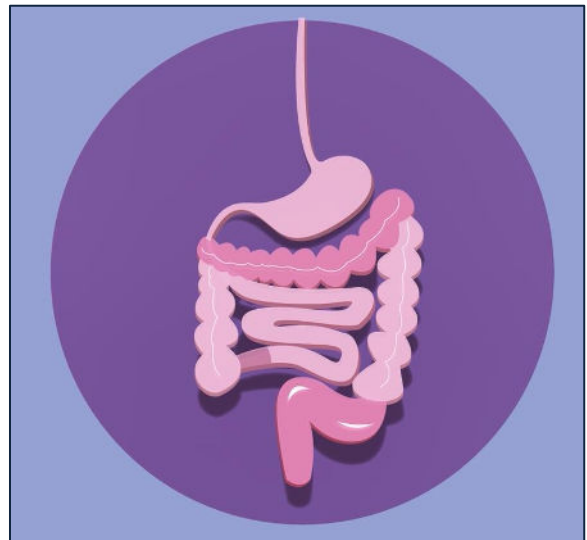
Crohn's Disease Exclusion Diet with Partial Enteral Nutrition for Active Crohn's Disease

This dietary resource provides general dietary information for people with IBD. To find an [IBD DIETITIAN](#) for personalised nutrition advice ask your IBD team or visit gidream.org.

- The Crohn's Disease Exclusion Diet (CDED) with partial enteral nutrition (PEN) is a 3-phase diet therapy comprising of whole foods with nutrition supplement drinks
- Nutrition supplement drinks provide part of the diet's essential nutrients
- This is a 12-week diet therapy that has been shown to reduce inflammation

CDED+PEN to Treat Inflammation

CDED + PEN is a partial whole-food alternative to exclusive enteral nutrition liquid diet. The purpose is to treat inflammation and induce remission. CDED + PEN is thought to help by removing foods that may change the bacteria in your gut and promote inflammation, while increasing other foods thought to help to reduce inflammation. The diet is prescriptive with strict guidelines of what to include and exclude initially then becomes less restrictive as you move through the 3-phases.



CDED+PEN Prescription

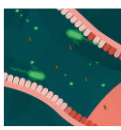
- Completed over 12 weeks, with 2 x 6-week phases and an optional 12-week phase 3
- Inclusion of high quality, lean animal proteins (mostly chicken and eggs)
- Inclusion of resistant starch and specific fibres (apples, bananas, potatoes)
- Inclusion of PEN (medical nutrition supplement drinks) to meet energy and protein needs
- Avoidance of excessive food additives and processed foods
- Mandatory list of whole foods for each phase with an accompanying shorter list of foods which are intermittently allowed

CEDED+PEN Phases and Inclusions



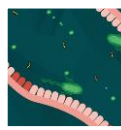
Phase 1 (0-6 weeks)

- **50% nutrition from PEN supplement drinks**
- Simple short list of mandatory foods including eggs, chicken breast, potatoes, apple, bananas + Limited selection other fruit, veg, grains, herbs, oil



Phase 2 (7-12 weeks)

- **25% nutrition from PEN supplement drinks**
- Continue phase 1 components + additional fruit and veg + some weekly additions such as oats and bread



Phase 3 (13+ weeks)

- **Cease PEN supplement drinks ***
- Re-introduction of healthy, balanced diet as directed by your IBD Dietitian

***discuss with your [IBD dietitian](#) whether PEN is required in phase 3**

Starting CEDED+PEN

Your gastroenterologist and [IBD Dietitian](#) are best placed to provide guidance on the appropriateness of commencing CEDED. Your IBD team will monitor whether the diet is treating the inflammation as intended and to make sure you are meeting your nutrition needs. Your IBD Dietitian will be able to provide meal plans, recipes, food lists and a personalised prescription for the PEN supplement drinks.

Considerations

- Vitamin supplementation may be required.
- Careful adjustments can be made by an [IBD Dietitian](#) for those with additional dietary requirements (including vegetarian, allergies and intolerances)
- CEDED may not be appropriate for all people with active Crohn's Disease, and its use should always be guided by your IBD specialist team.

Acknowledgements: This resource was developed in 2024 by the DECCAN Education Materials Working Group and reviewed by the GI DREAM Board in line with ECCO Consensus on Dietary Management of IBD (2025). Requests and enquiries about this document should be directed to info@gidream.org or website www.gidream.org. GI DREAM does not take any liability for any injury, loss or damage incurred by the use or reliance on this information. Reviewed August 2025. Date for review August 2027.