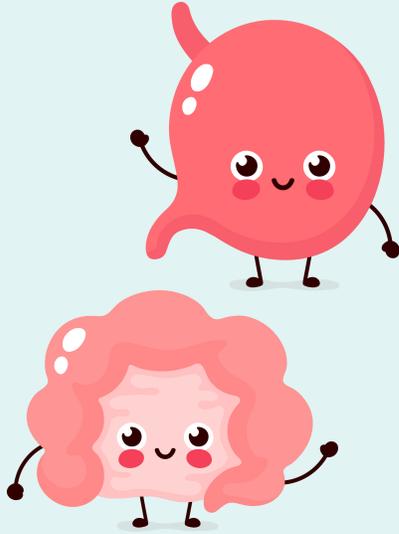


# Enteral Nutrition Therapy for Crohn's Disease



## What is Enteral Nutrition Therapy (ENT)?

ENT is a treatment option for children and teens with Crohn's Disease. You may also hear it called "liquid diet" or "Exclusive Enteral Nutrition (EEN)."

During ENT, your child will receive formula or liquid nutrition in place of their normal diet to help heal their intestines. Your dietitian or gastroenterologist will prescribe a formula that will provide all of the energy, vitamins and minerals your child needs. Because this is a treatment, it should be taken at the prescribed times and amounts, just like a medication. If your child is unable to drink the formula, a temporary feeding tube can be used.

There is enough evidence for pediatric ENT that it is considered the "standard of care" for induction therapy in Europe, Japan, Canada, Australia and the United States.

## What are the benefits of ENT?

### ENT MAY HELP:

- Lower inflammation and heal the intestinal lining, improving quality of life
- Correct nutritional deficiencies
- Improve growth

## How does ENT work?

### WE DON'T YET KNOW FOR SURE, BUT IT MAY BE THAT ENT:

- Changes the balance of gut bacteria to lower inflammation
- Helps the immune system by removing some component of the diet
- Promotes healing by improving nutrition

## What are possible challenges?

- **COST:** Insurance may not cover the formula
- **TASTE:** People often become tired of the same taste
- **CHEWING:** It's common to miss the "crunch" of food
- **FEELING FULL:** Some find it hard to drink all of the recommended amount

## Can my child still eat some food and drink?

It's best to avoid solid foods for a time. Studies show ENT is most effective when patients get all of their nutrition needs through the formula. There may be instances when it is okay to have some food, depending on what the food is. This is a discussion between you and your care team as the approach can be individualized.

Your child can have water (possibly flavored with a squeeze of citrus), but should not drink anything with added sugar or processed ingredients.

## Tips and Tricks with ENT:

Changing up the flavor and consistency can help!

- Blend with ice to make a shake
- Freeze slightly and eat with a spoon
- Serve over ice cubes
- Alternate different flavors of shakes within the same brand each day
- Use a small amount of natural extract like vanilla, mint, or almond to change the flavor

Please let your care team know if you experience any challenges.  
They are here to help you find solutions.

# Enteral Nutrition Tracking

Formula name

Goal amount per day:

Duration:

Start date:

cartons/cans

week(s)

Additional  
Supplements

## How to Begin

Replace one snack or meal with 1–2 cans or cartons of formula. You should reach the goal volume within 3–5 days, replacing all snacks and meals with formula by day 4–5. If you are having difficulty, reach out to your IBD team.

Total fluid goal  
(water + formula)

ounces

OR

cups per day

## Dietitian Contact Information

Name

Email

Phone

This document is for educational purposes only and is not intended to serve as medical advice, diagnosis, or treatment. Please consult your dietitian or GI team for personalized medical advice.

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