



Exclusive Enteral Nutrition (EEN) diet sheet

This diet sheet is designed for people who require Exclusive Enteral Nutrition for Crohn’s disease. The information below should be followed alongside guidance from a specialist dietitian.

What is Exclusive Enteral Nutrition?

Exclusive Enteral Nutrition is a prescribed liquid diet recommended as a therapeutic treatment for Crohn’s disease. Research suggests that a liquid diet with nutritional supplements or tube feeding, as a sole source of nutrition for six weeks, can improve inflammation in the gut and associated symptoms.

These products are designed to meet all your nutritional needs by providing calories, protein, minerals and vitamins.

How does it work?

Exclusive Enteral Nutrition works by giving the gut time to rest, reducing inflammation and increasing how well the gut takes in nutrients. Certain foods may increase gut inflammation in Crohn's disease and researchers are investigating this in the UK. Exclusive Enteral Nutrition also changes the types of bacteria living in the gut, and this is believed to help reduce inflammation.

Most people start to see an improvement in their symptoms within the first 10 days on Exclusive Enteral Nutrition. However, for the diet to be most effective, people are recommended to remain on Exclusive Enteral Nutrition for approximately six weeks, or longer if needed.

Can I eat other food whilst on the liquid diet?

No, foods should not be eaten. Your nutritional needs will be met with prescribed supplements.

What am I allowed to take by mouth on Exclusive Enteral Nutrition?

Prescription:

Quantity:

- Prescribed oral nutritional supplements from your dietitian (i.e. Fortisip compact, Fortisip bottle, Fortijuice, Vital 1.5)
- Water (tap, bottled, still, or sparkling but not flavoured)
- Ice cubes
- Decaffeinated tea/coffee without milk
- Herbal teas

It is important to remain hydrated, and we encourage patients to drink the fluids listed above alongside prescribed oral nutritional supplements.

Practical tips

- Oral nutritional supplements can be chilled, heated, or frozen to make an ice lolly
- Once opened they have a shelf life of 24 hours, so can be kept in the fridge and sipped on throughout the day
- If you feel hungry, you may wish to take two oral nutritional supplements together at a mealtime
- If you are unable to take the full volume of Exclusive Enteral Nutrition prescribed, please speak to your dietitian.

Are there any side effects?

- Headaches/irritability
- Looser stool or urgency to open bowels
- Bloating/wind
- Weight loss

If any of the side effects above mean that you are struggling to continue Exclusive Enteral Nutrition, please contact us and we can consider changing you to an alternative nutritional supplement, or increasing your current prescription to prevent weight loss.

What should I do once I have finished Exclusive Enteral Nutrition?

Please return to your usual diet. The dietitians will book you into clinic to discuss your diet further.

Contact us

If you have any further questions or concerns, please contact your dietitian (Monday to Friday).

Dietitian name:

Dietitian phone number:

Accessibility

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