

# Diet Therapy Trial for Patients with Ulcerative Colitis



We're doing a research study to find out if dietary intervention by either **the Mediterranean Diet or Specific Carbohydrate Diet** will help improve UC symptoms.

## Participants will be asked to:

- Exclusively consume meals prepared by the MGH Metabolic Kitchen for **6 weeks**
- Visit MGH regularly throughout the 6 weeks and at 10 weeks for study visits and food pick-up
  - Virtual options available
  - These visits include check-ins with a study dietician
- Give stool samples, have blood drawn, and have biopsies taken (if receiving a colonoscopy)
- Answer questionnaires

Compensation up to \$400 for study completion is available.



MASSACHUSETTS  
GENERAL HOSPITAL

- Do you have mild to moderately active ulcerative colitis?
- Are you 18 to 75 years old?
- Would you be willing to stick to a specific diet, with meals prepared for you by MGH, for 6 weeks?

If you answered YES to all of the above, then you may qualify for this study!

This study involves randomization, meaning participants will be assigned to the Mediterranean or Specific Carbohydrate Diet without their choice.

## **Contact the research coordinator for more information:**

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