



The LOFFLEX Diet

**The LOFFLEX diet was originally developed at the Gastroenterology Research Unit, Addenbrookes NHS Trust, Cambridge UK and has been updated by Gastroenterology Specialist Dietitians who have worked with Professor John Hunter and at Addenbrookes Hospital.*

What is the LOFFLEX diet?

There are two stages to the LOFFLEX diet:

1. Basic LOFFLEX diet
2. Reintroduction stage

1. Basic LOFFLEX Diet

LOFFLEX stands for **L**ow **F**at, **F**iber **L**imited **E**xclusion. It consists of foods that are least likely to cause symptoms of Crohn's disease. It is low in fat and fiber and excludes specific foods that some people with Crohn's disease have identified to trigger symptoms. It is recommended that you follow the basic LOFFLEX diet for at least two weeks. You may need to continue this for longer, depending on your symptoms. Your clinician may monitor your progress on the diet and advise you when to proceed to the reintroduction stage.

2. Reintroduction Stage

During this stage, foods that may be more likely to trigger symptoms are reintroduced one at a time. It will take a few months to complete the reintroduction stage. The aim is to establish a 'safe diet' which consists only of those foods that have not caused symptoms on reintroduction.

What are the benefits of following a LOFFLEX diet?

The LOFFLEX diet helps in the transition from a liquid diet (enteral nutrition) to a 'safe diet'. Reintroducing foods gradually, makes it possible to identify any foods that might trigger symptoms.

Additional Resources

Visit our Website at: <https://druscio.com/gutbook-resources/>

Sample LOFFLEX Recipes

Soup

Mushroom Soup

Makes 4 portions

Ingredients

- 400g mushrooms, washed, peeled, sliced, stalks removed
- 300ml chicken or vegetable stock (see recipe)
- 1/4 tsp oregano
- 170g soya cream mixed with 115g/4 fl oz cold water
- 2 tsp arrowroot mixed with a little cold water until dissolved
- Chopped parsley to garnish (optional)

Method

1. Simmer the mushrooms in a saucepan with the stock and oregano for 20 minutes. Remove from the heat and allow to cool a little.
2. Add the soya cream and water mixture and stir well.
3. Transfer to a blender and blend until smooth.
4. Return the soup to the saucepan, add the arrowroot and water mixture and heat gently to thicken. If the soup is not as thick as desired, add another tsp of arrowroot (mixed in a little cold water) to the soup and heat.
5. To serve, sprinkle with chopped parsley as desired.

Main Dish

Chicken Risotto

Makes 2 portions

Ingredients

- 800ml vegetable stock (see recipe) or water 2 tbsp suitable oil
- 2 chicken breasts, skin removed and diced 150g risotto rice
- 1 red pepper, diced, core and seeds removed 1 small courgette, diced
- Salt and pepper to taste

Method

1. Gently simmer the vegetable stock in a pan until ready for use.
2. Heat the oil in a large frying pan and cook the chicken until browned. Remove from the pan and keep on a separate plate ready to be used later.

3. Place the courgette and pepper in the pan and cook until soft.
4. Mix in the rice and cook until starts to turn transparent. Gradually add the stock, one ladle at a time, stirring until the stock has been absorbed each time.
5. When all the stock has been absorbed, return the browned chicken to the pan and warm through.
6. Add salt and pepper to taste.

Side Dish

Sweet Potato (& Ginger) Mash

Makes 2 portions

Ingredients

- 2 medium sweet potatoes, peeled and chopped in to chunks
- Small cube of fresh ginger, peeled and grated (optional)
- 1 tbsp milk-free margarine
- 1 tbsp soya milk
- Salt and pepper to taste

Method

1. Put the sweet potato chunks (and ginger if using) into a pan of water and boil until soft.
2. When soft, drain off the water and mash in a pan with the milk-free margarine and soya milk.
3. Season with salt and pepper to taste.

Dessert

Fruit Crumble

Makes 4 portions

Ingredients

- 50g milk free margarine*
*(*original recipe calls for margarine, we recommend a small amount of butter or coconut oil.)*
- 100g rice flour
- 50g brown sugar
- 400g stewed fruit (e.g. pear, rhubarb, plums), skins removed, sugar added to taste

Method

1. Pre-heat the oven to 190°C/ 170°C fan/ Gas mark 5.
2. In a bowl, rub the milk free margarine into the flour until it resembles fine breadcrumbs.
3. Mix in the sugar to form the crumble mixture.
4. Place the fruit in an ovenproof dish.
5. Sprinkle the crumble mixture on top of the fruit and bake for about 30 minutes until brown on top and bubbling.