

Peer Review File

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Responses to Reviewer A

Thank you very much for reviewing our manuscript.

Comment: This is an interesting thought, but given the concomitant use of medications to induce remission in the vast number of cases, does not demonstrate the efficacy of PBD.

Reply: Active IBD cases during pregnancy are shown in Table 1. Mild UC cases (Cases 1 and 2) were provided with PBD without medication. These two cases achieved remission. This indicated the efficacy of PBD.

Comment: no objective measures of remission are provided.

Reply: I have inserted a sentence defining remission.

Line 124: [In this case series, remission was defined as the disappearance of active symptoms in both diseases \(7,9\).](#)

Comment: the focus should be shifting to the feasibility of these diets in pregnancy with IBD, rather than purporting their efficacy.

Reply: Case providers do not suggest/provide PBD to pregnant patients with IBD without efficacy of PBD.

Responses to Reviewer B

Thank you very much for reviewing our manuscript.

Introduction

Comment 1: It is strong language to state that IBD is mainly mediated by a Westernized diet. Query if it would be better to phrase this as “Our prior research has suggested a strong association between a Westernized diet and IBD” or alternate phrasing of this nature.

Reply 1: I take your point and I have replaced it with the sentence recommended.

Line 68-69: [Our prior research has suggested a strong association between a westernized diet and IBD \(3\).](#)

Comment 2: Consider specifically defining what is meant by the Western diet since omnivorous diets are traditionally present in many regions globally

Reply 2: I have inserted the following sentence defining a westernized diet.

Line 69: [A westernized diet is characterized by increased consumption of animal fat, animal protein, and sugar with decreased consumption of carbohydrates \(3\).](#)

Case study

Comment 1: This case series included mainly UC patients and one CD patient. The patient with CD initially experienced remission with Infliximab and PBD, but subsequently relapsed during pregnancy and post-partum requiring infliximab. It is not clear that the final outcome of the CD case corroborates the authors’ assertions regarding the plant-based diet. Would consider addressing this in the discussion and mentioning that the lack of Crohn’s Disease representation is a limitation of the case study. The authors could consider focusing their conclusions on

ulcerative colitis only.

Reply 1: In the references (7,9) cited in case 4, there is a description of the efficacy of infliximab incorporating PBD in CD. Infliximab and PBD as first line (IPF) therapy broke the barrier of primary nonresponders to biologics, with a remission rate of 96%, and created a new relapse-free course in slightly over half of the patients (52%).

I have added a few words and a sentence in the Case study and Discussion.

Line 171: The maintenance therapy [on an inpatient basis](#) was continued up to the final visit: [52 infusions of infliximab over a 74-month period](#) (Table 3). [She had four PBD meals during the 2 days of hospitalization for each infusion.](#)

Line 241: [It is of note that the patient in Case 4, who had poor prognostic factors \(young onset, late start of treatment due to delayed diagnosis, stricture type\), became a mother and was in clinical remission for more than 6 years with infliximab maintenance therapy alone without immunosuppressants or steroids.](#)

Discussion/Tables:

Comment 1: The authors should incorporate limitations of the study in the discussion of the manuscript

Reply 1: I have added limitations to Discussion ahead of the conclusion.

[It is obvious that our small case series without a control diet does not constitute evidence for the superiority of PBD for pregnant patients with IBD over the current westernized diet. This case series, however, certainly implies the efficacy of PBD for pregnant patients with IBD. We hope that large, controlled studies will validate our findings.](#)

Comment 2: Table 3 warrants more explanation. Would define what is meant by base, short term, and long term in the legend.

Reply: There is an explanation of base, short-term, and long-term in the text (Lines 109-111), as in the following.

The PBDS was evaluated on admission (baseline PBDS) and again within and beyond 2 years after discharge, referred to as short-term and long-term PBDS, respectively (5,9).

Comment For the patients (cases 6-8) with N.A. listed for their plant-based diet scores, does this mean it is not known if these patients were following a plant based diet during the follow up time period? This should be addressed in the written text in relation to their ultimate outcomes. Given the plant-based diet is the focus of this study, consider synthesizing the findings from this table more in the discussion.

Reply: I have added a few words explaining how plant-based diet scores are assessed.

Line 106 [Using a food-frequency questionnaire](#), we developed a simple way to evaluate adherence to the PBD for Japanese patients with IBD (17).

I have written “[not applicable](#)” and “[not available](#)” instead of “n.a.” in Table 3. In the legend, the following sentence has been added. [not available, not available was due to the author’s failure to obtain a food-frequency questionnaire during follow-up.](#)

The finding of PBDS in Table 3 is described in Lines 135-139 in the case section. The mean short-term PBDS (SD) was 28.4 (9.4) at a median follow-up period of 6 months, which was higher than the 12.0 (7.7) at baseline ($P = 0.0061$, paired t test). The mean long-term PBDS (SD) was 21.4 (6.8) at a median follow-up period of 47 months, which was higher than the 14.4 (10.9) at baseline ($P = 0.10$) (Table 3).

Plant-based diet score serves as supporting data for a favorable clinical course. Therefore, “PBDS during the follow-up period exceeded baseline PBDS.” is included at the end of the first

paragraph in Discussion.

Comment: The grammar and written prose of the manuscript could be improved. Consider a professional English language editor to review grammatical errors and writing style.

Reply: We had the paper reviewed again by a native English speaker who is a professional editor.