

3rd Annual Newsletter



the
MELODY
Trial

January 1st, 2022



Modulating Early Life Microbiome through Dietary
Intervention in Crohn's Disease

OPEN

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Medicine at
Mount
Sinai

Time To Celebrate!

Happy Holidays from the MELODY Trial Team! We are back with our 3rd Annual MELODY Trial Year-end Newsletter and are overjoyed to be able to update you on our progress. None of this would be possible without the unwavering support of our participants, and we cannot thank you enough. We hope that you and your small ones enjoy the included gift as a token of our gratitude. Flip ahead for updates, recipes and more!

The MELODY Trial Team

KEEP FLIPPING!



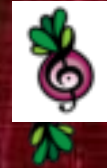
Thank You!

Meet the Team!

The team at the University of Massachusetts Medical School, Worcester MA



Keep an eye out for
beets, just like this
one, hidden
throughout the
newsletter.



They can be
shy so they
might only
show their
leafy tops

Row 1: Dr. Ana Moldonado-Contreras, Barbara Olendzki, Camilla Madziar,
Karla Menger

Row 2: Mayra Rojas Correa, Rene Maserati, Camilla Prata, Yan Rou Yap

Row 3: Victoria Andersen, Chris Frisard, Jennifer Hazelton



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The team at the Icahn School of Medicine, New York City, NY



Left to Right: Olivia Kalash, Dr. Leonid Tarassishin, Dr. Inga Peter,
Mellissa Picker, Dr. Won-Jun Lee

Not Pictured:

Dr. Manasi Agrawal,
Dr. Jean-Frederic
Colombel,
Dr. Anketse Debebe,
Dr. Marla Dubinsky,
Christen Hillenbrand,
Dr. Jianzhong Hu,
Alexa Rendon,
Dr. Joanne Stone

WHY WE

celebrate



"[They're] taking the research a big step forward by using the diet in pregnant women with IBD to help the babies."



"I am happy to participate to build better understanding of the foods we eat and the impact it has."



"I feel so much better feeding my family food that benefits them and improves their microbiome."

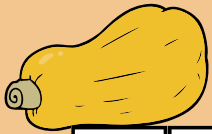


"It's very empowering to feel that small choices we make today will have an impact on tomorrow."



A BIG THANK YOU TO THE LEONA M. AND HARRY B. HELMSLEY CHARITABLE TRUST FOR FUNDING THE MELODY TRIAL

MELODY Buzzwords



ACROSS

2. healthy foods can improve its quality
4. helpful microorganisms
6. the disease being studied in the MELODY Trial
7. IBD-AID is an example of this
9. the community of bacteria that we study in the gut
11. another word for belly
12. a pumpkin is one of these!

DOWN

- a form of dietary fiber
3. the MELODY Trial symbol
5. indigestible sugar
8. a probiotic rich dairy product
10. a fiber filled breakfast dish

Mushroom Oat Risotto

A Team Favorite!

- 1 cup steel-cut oats
- 2 cups unsweetened almond milk
- 2 cups low sodium chicken broth
- 1 to 2 tablespoons extra virgin olive oil
- ½ small onion, minced
- 2 cloves of garlic, minced
- 1 cup mushrooms (most puréed)
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon dried marjoram
- pinches of salt and pepper
- 2 tablespoons aged Parmesan cheese or non-dairy alternative



1. In a pot, add olive oil and sauté diced onions and garlic. When onions are translucent add the liquids. Bring almond milk and vegetable broth to a boil, add oats, and reduce heat to medium.
2. While oats are cooking, purée mushrooms thoroughly. When you have no clumps remaining, add to oatmeal. Add spices, salt and pepper.
3. Once most of the liquid has absorbed, top with cheese and any saved mushrooms.



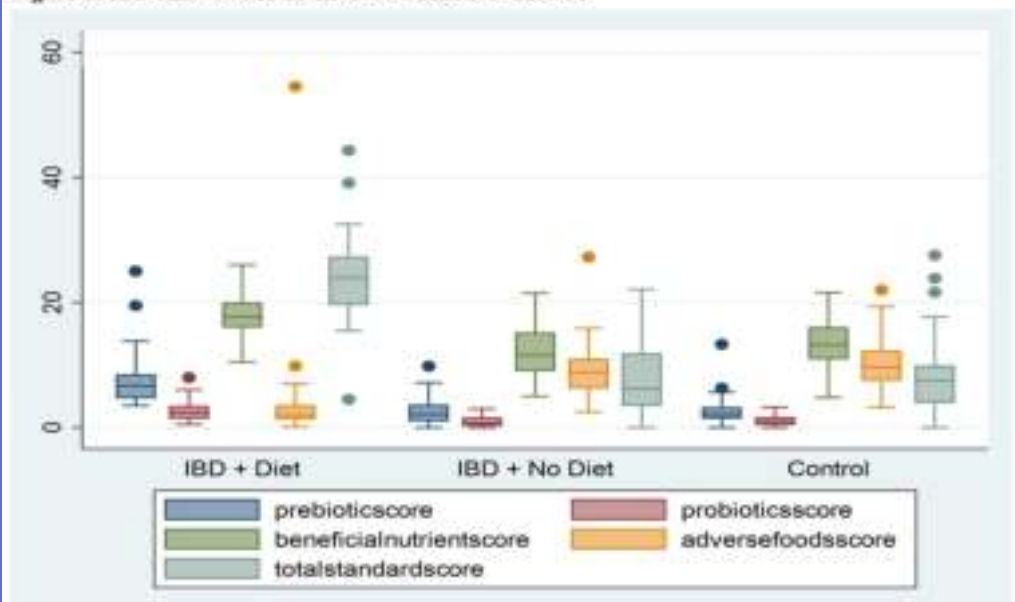
GIVE IT A TRY

UPDATE

diet adoption & effects on the gut

RESULTS

Figure 1: IBD-AID COMPONENT SCORES BY GROUP



Participants that chose the diet not only continued to eat the recommended foods, but had higher scores across prebiotics, probiotics, beneficial nutrients and the total standard score while also consuming fewer adverse foods.

979 How many food records were analyzed from The MELODY Trial

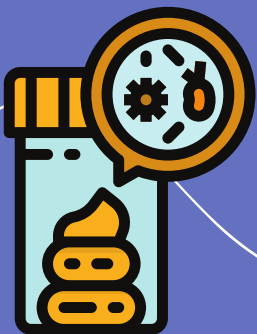
553 How many food records were analyzed from The Microbiome Proof of Concept Trial

340 The number of stool samples analyzed from The Microbiome Proof of Concept Trial



CONCLUSIONS

Emphasizing certain food categories can change the gut microbiome and has the potential to change disease course.



We are open for enrollment!

We are looking for women who are currently pregnant (less than 30 weeks) or planning to become pregnant.

IBD-AID

USING DIET TO CHANGE THE MOTHERS MICROBIOME TO PROMOTE A HEALTHY IMMUNE SYSTEM FOR HER AND HER BABY

The foods in this diet decrease bowel inflammation, aid in the repair of the gut, and help to restore balance to the immune system.

PROBIOTICS•PREBIOTICS•SOLUBLE FIBER

WHY JOIN?

- Up to \$900 in compensation
- At home sample collection
- Advancing IBD research
- Nutritionist access for diet



SCAN ME

GET IN TOUCH WITH US!

347-620-0210

THEMELODYTRIAL@GMAIL.COM

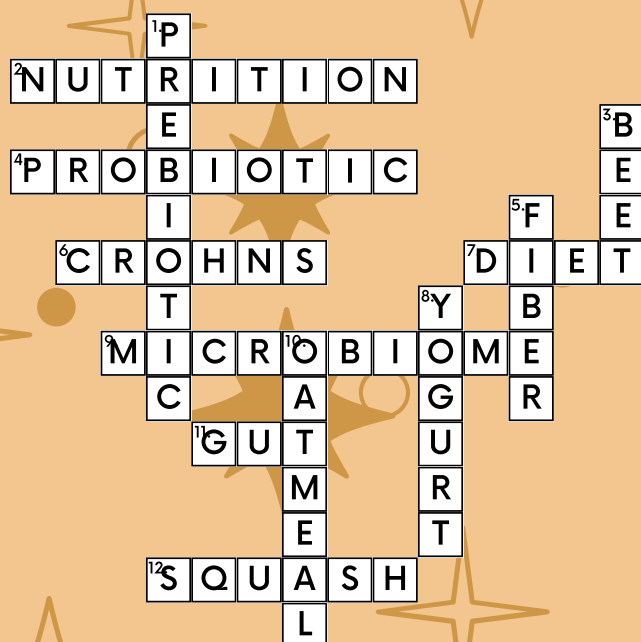


Our Progress

After slowed enrollment in 2020, we are happy to report being well on our way to our total family goal!

The MELODY Team has been hard at work to recruit more families to join our study of the the potential effects of diet on Crohn's Disease. We are so lucky to have each and every one of you, our dedicated, responsive and motivated participants. Thanks to all of you staying with us we have lots of data to work with - any lab's dream!

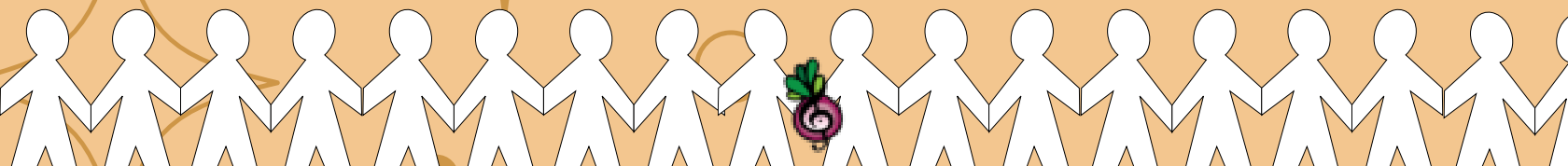
60%



AS OF DECEMBER 2021

1,861

SAMPLES COLLECTED



Mom's Blueberry Muffins



Ingredients

- 2 ½ cups almond flour
- 4 tablespoons melted butter or canola oil
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- 1/3 cup honey – local is best
- 1 teaspoon pure vanilla extract
- 1/3 cup plain, non-fat Greek yogurt
- 2 eggs
- 1 cup fresh blueberries

Directions

1. Preheat oven to 325° F.
2. Line 2 mini-muffin (can make regular size, too) pans with muffin liners or grease the muffin tins.
3. Place all the ingredients, except the blueberries, in a food processor and process until well mixed. Fold in the blueberries. Pour the mixture into the muffin pans.
4. Bake for 15 to 20 minutes (may take longer depending upon size), or until toothpick inserted comes out clean.



MAKES 24 MINI-MUFFINS, OR ABOUT 10 REGULAR SIZE



Diaper Donors



thankful for
another year
with you!

THE MELODY TEAM



the
MELODY
Trial