



General Surgery
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DIET GUIDELINES FOR DIVERTICULOSIS

Diverticulosis is the term used to describe the presence of diverticuli in the colon. Diverticuli are sacs or pouches in the wall of the colon. When small particles of food get caught in these areas, they can become inflamed. This painful condition is called diverticulitis. A high fiber diet can help prevent diverticuli from forming and promote bowel regularity. This diet is healthy and includes many plant-based foods which may help prevent cancer of the colon and heart disease. The recommended goal for fiber intake is 25 to 35 grams of fiber per day. Most Americans only eat half of the fiber they need everyday.

LOW FIBER DIET FOR DIVERTICULITIS STAGE OR POST-SURGERY

If you are recovering from the painful stage (diverticulitis) or have recently had surgery, your doctor may want you to eat a **low** fiber diet for a month to 6 weeks and then gradually advance to a high fiber diet. (Ask you doctor about a list of foods on a low fiber, low residue diet.)

HIGH FIBER DIET FOR DIVERTICULOSIS

1. Drink plenty of fluids. At least 8 cups (64 oz) per day, especially when eating a high fiber diet.
2. To avoid discomfort, gradually increase the amount of fiber in your diet. Choose a variety of food from the food group on the high fiber handout.
3. Exercise regularly. It does not have to be strenuous activity, just do it on a regular basis. An example is to walk 20 minutes, 4 to 5 times a week.
4. Eat plenty of fiber rich foods like fresh fruits and vegetables, dried beans and peas, whole grain breads and cereals.
5. See “High Fiber Diet” Page

Possible Problem Foods to Avoid

Vegetables

Cucumber-seeds and skin
 Tomato- seeds and skin
 Eggplant
 Zuchinni
 Chili Peppers
 Green Peppers seeds
 Pickles/relish

Nuts

Peanut
 Walnut
 Almond
 Cashew
 Pecan

ANY NUT unless it is ground up and smooth like peanut butter.

Fruits

Figs
 Strawberries
 Kiwi
 Watermelon seeds
 Blueberries
 Cranberries
 Blackberries

Sweets

Jam with seeds
 candy with nuts/seeds
 Pie/Cake with nuts/seeds

Breads and Starches

Bread or rolls with nuts/seeds
 Popcorn
 Corn

Seeds

Caraway seeds
 Celery seeds
 Fennel seeds
 Poppy seeds
 Pumpkin seeds
 Sesame seeds
 Sunflower seeds

