

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 every day.

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 your 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 foods from the food groups on the high fiber handout.
3. Exercise regularly. It does not have to be strenuous activity, just do it on a regular basis. One example is to walk 20 minutes, 4 to 5 times per week.
4. Eat plenty of fiber rich foods like fresh fruits and vegetables, dried beans and peas, whole grain breads and cereals.
5. See "Fiber Diet" educational material on our website.

Possible Problem Foods to Avoid

<u>Vegetables</u>	<u>Fruits</u>	<u>Breads & Starches</u>	<u>Seeds</u>	<u>Nuts</u>	<u>Sweets</u>
Cucumber – seeds and skin	Figs	Bread or rolls with nuts/seeds	Caraway seeds	Peanut	Jam with seeds
Tomato – seeds and skin	Strawberries	Popcorn	Celery seeds	Walnut	Candy with nuts/seeds
Eggplant	Kiwi	Corn	Fennel seeds	Almond	Pie/Cake with nuts/seeds
Zucchini	Watermelon seeds		Poppy seeds	Cashew	
Chili Peppers	Blueberries		Pumpkin seeds	Pecan	
Green Pepper seeds	Cranberries		Sesame seeds		
Pickles/relish	Blackberries		Sunflower seeds	*Any nut unless it is ground up and smooth like peanut butter	