



HEALTH FOR LIFE

Diet 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 sacs, 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 food which may help to prevent cancer of the colon and heart disease. Twenty to 35 grams of fiber per day is recommended. Most Americans only eat half of the fiber they need everyday.

Types Of Fiber:

- **Water-insoluble** fiber is the structural part of plants that does not dissolve in water. It is found mainly in whole-grain products, wheat bran and vegetables.
- **Water-soluble** fiber is a substance in plants that forms a gel in water. It is found mainly in oats, beans, fruits, and some vegetables.
- Both types are healthful!

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 about a month and then gradually advance to a high fiber diet.

High Fiber Diet For Diverticulosis

- Be sure to drink at least eight 8 oz. glasses of fluids when eating a high fiber diet.
- To avoid discomfort, gradually increase the amount of fiber in your diet. Choose a variety of foods from the food groups listed below. The amount of fiber per serving is included.

Foods Allowed / Recommended

Milk: 2 or more servings per day low fat (skim or 1%)
1 serving = 1 cup fluid, 1 cup yogurt

Note: Calcium may help prevent colon cancer. Be sure to include at least 2 servings of low-fat milk products daily.

Fruits and Vegetables: 5 or more servings per day (Important for good health)
 1 serving = ½ cup cooked, or 1 cup raw
 ¾ cup juice
 1 medium piece

Fiber/Serving		Fiber/Serving		Fiber/Serving	
Apples (peeled)	1 gm	Cauliflower	1 gm	Pears	2 gm
Apricots	1 gm	Celery	.5 gm	Peas	2 gm
Asparagus	2 gm	Grapefruit	.5 gm	Peppers	1 gm
Bananas	.5 gm	Kale	1 gm	Pineapple	1 gm
Broccoli	2 gm	Lettuce	.5 gm	Potatoes	2 gm
Brussel Sprouts	2 gm	Okra	1 gm	Prunes	1 gm
Cabbage	1 gm	Onions	.5 gm	Raisins - seedless	1 gm
Cantaloupe	1 gm	Oranges	1 gm	Spinach	1 gm
Carrots	2 gm	Peaches	1 gm	Squash	1 gm

Breads / Cereals: 6 or more **whole grain** servings per day
 1 serving = 1 slice bread,
 ½ sandwich bun, 4 - 6 crackers
 ⅓ - ¾ cup portion

	Fiber/serving		Fiber/serving
• Beans / peas	3 gm	• Oatmeal	1 gm
• Bran	9 gm	• Rye	1 gm
• Lentils	4 gm	• Wheat	1 gm
• Whole grain bread	1-2 gm		
• Oat bran cereal, raisin bran cereal, shredded wheat cereal etc.			3-9 gm

Protein: 2 -3 servings per day (total 4-6 ounces)
 Serving sizes: 2 - 3 oz cooked meat, fish or poultry

	Fiber/serving		Fiber/serving
• Beans - 1 cup	6 gm	• Lamb	0
• Beef	0	• Peanut Butter - 2 tbsp.	0
• Cheese (low fat)	0	• Pork	0
• Eggs	0	• Poultry	0
• Fish	0		

Note: Lean cuts of meats (round or loin), white meat, skinless poultry, egg whites and substitutes are recommended as part of a healthy, low-fat diet. Try eating meatless meals.

Foods To Avoid

Note: If your doctor tells you that you **have** diverticuli pouches, you need to avoid these foods because they can get caught in these pouches. If your diverticuli have been removed, there is no need to avoid these foods.

- Berries: These are acceptable only if the seeds are ground in a food processor or grinder. Include the ground up forms of these foods in your diet to help prevent cancer.
 - ▶ Blackberries
 - ▶ Blueberries
 - ▶ Cranberries
 - ▶ Strawberries
- Corn
- Cucumber - seeds and skin
- Nuts - avoid all kinds unless they are blended until smooth
- Pickles / relish
- Popcorn
- Seeds:
 - ▶ Caraway Seeds
 - ▶ Celery Seeds
 - ▶ Cucumber Seeds
 - ▶ Fennel Seeds
 - ▶ Poppyseeds
 - ▶ Pumpkin Seeds
 - ▶ Sesame Seeds
 - ▶ Sunflower Seeds
 - ▶ Tomato Seeds
 - ▶ Watermelon Seeds

Note: Intestinal gas and bloating are common side effects of a fiber diet. Products such as Beeno® may be helpful. Soaking dry beans and legumes before cooking them also may help reduce this side effect. Increasing your fiber intake **gradually** may help minimize these symptoms. Sometimes eating cooked vegetables is better than eating raw vegetables.

Common Gas Producing Foods:

- Beans
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Leeks
- Lentils / legumes
- Sauerkraut