

DIVERTICULOSIS/DIVERTICULITIS DIET

Diverticulosis is characterized by the formation of pockets in the lining of the large intestine.

Diverticulitis is the acute stage of diverticulosis when the pockets are infected and inflamed.

With the presence of **Diverticulosis**, it is best to follow a high fiber diet. This keeps pressure on the wall of the large intestine and prevents the accumulation of excess bacteria. Increase fiber gradually in your diet, as a sudden increase may cause increased formation of gas.

If **Diverticulitis** does occur, it is best to switch to a low fiber diet during the acute infection period. After the infection is gone, gradually switch back to a high fiber diet.

RECOMMENDED FOODS FOR DIVERTICULOSIS		
Food Group	Amount to Consume Daily	High Fiber Foods
Fresh Fruit	2 or more servings	Apples (with skin), oranges, grapefruits, bananas, peaches, pears, plums, cherries, apricots and grapes
Breads and Cereal	4 or more servings	Whole grain bread (100% whole wheat, bran, or pumpernickel), dry or cooked cereals (made from whole wheat, bran, oats, unprocessed wheat bran or oat bran), whole grain crackers, bran muffins, brown rice
Vegetables	2 or more servings	Broccoli, brussels sprouts, peas, cabbage, carrots, celery, green beans, potatoes, zucchini, tomatoes (without seeds), onions and baked beans Avoid Popcorn!

RECOMMENDED FOODS FOR DIVERTICULITIS		
Food Group	Amount to Consume Daily	Low Fiber Foods
Fresh Fruit	2 or more servings	Fruit juice, fruit drinks pureed fruit, cooked fruit (without skin)
Breads and Cereal	4 or more servings	White bread, french bread, farina, cream of wheat or rice, melba toast, saltines, corn flakes, rice krispies, puffed rice, white rice and pasta
Vegetables	2 or more servings	Vegetable juice, lettuce, winter squash, tomato sauce, mashed or cooked vegetables or potato
Miscellaneous		All dairy products, meat, poultry, fish, eggs, broth, cream soup