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DIVERTICULITIS/DIVERTICULOSIS DIET:

A diet for diverticulitis/diverticulosis focuses primarily on high fiber foods.

Fiber is the non-digestible component of fruits and vegetables. The body cannot break down fiber. As such, the fiber passes through the colon and enhances the amount of fluid in the waste material (feces) and enhances the transit of the feces through the 24-foot length of the intestines. This makes for a softer bowel movements that moves through easier and faster.

In addition to enhancing fiber in the diet, reducing, but not eliminating nuts, seeds, and corn may provide some benefit. Complete elimination of these food groups is not required for patients with diverticulitis, but I would avoid excessive consumption of them. Do not eat a jar of peanuts or bag of popcorn at the movies. You can eat a modest amount of these at times as a treat.

High Fiber Bread, Cereal, Rice, and Pasta

- Bran Cereal (any cereal with more than 5 grams of fiber per serving)
- Whole Grain/Whole Wheat Bread
- Oatmeal
- Whole Grain Rice/Wild Rice
- Whole Grain Pasta
- Graham Crackers
- Quinoa
- Buckwheat
- Millet

Fruits

High Fiber Fruits (1/2 cup servings unless indicated)

- Prunes, 5 dried
- Raisins
- Figs
- Apricots 4 whole
- Apple unpeeled
- Avocado 1/2
- Dates 3

- Pear 1 unpeeled
- Blackberries
- Blueberries
- Mango
- Orange 1 medium
- Raspberries

Lower Fiber Fruits

- Strawberries
- Peach, peeled
- Cherries
- Mango
- Applesauce, cooked
- Tangerine, 1 medium
- Nectarine
- Banana 1

Vegetables

High Fiber Vegetables

- Brussels sprouts
- Artichokes
- Pumpkin, canned
- Potato with skin
- Sweet Potato
- Okra
- Jicama
- Lima beans
- Pork and beans
- Kidney beans
- Mushrooms, canned
- Carrot
- Turnip greens
- Rhubarb
- Spinach, cooked or raw
- Broccoli
- Green peas

Lower Fiber Vegetables

- Carrots

- Peppers
- Celery
- Onions
- Green beans
- Cauliflower
- Asparagus