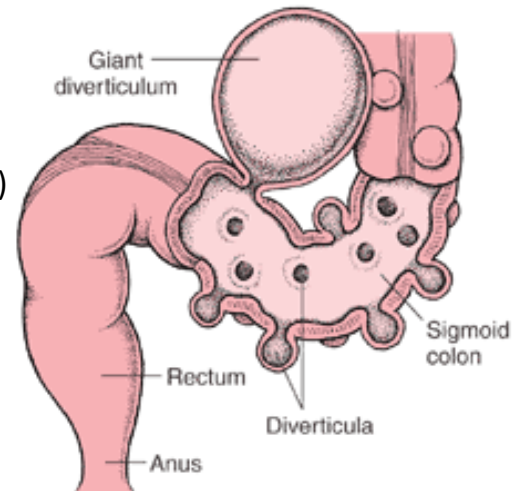


Diverticular Disease

Diverticular disease is made up of **two** conditions:

(1) Diverticulosis – This is when small, bulging pouches (diverticula) form inside the colon. These pouches are associated with aging and years of straining during bowel movements.

(2) Diverticulitis – This is when the pouches in the colon become infected or inflamed. This can cause a sudden attack of severe abdominal pain.



How can changes to my diet help?

When you have **Diverticulosis**, eat a **high fibre** diet. This can help keep stools soft so they can pass through the colon easily. Eating a high fibre diet will also help prevent flare-ups of the diverticula. The daily fibre recommendations for adults are as follows:

Sex	Age	Daily Amount of Fibre
Male	19 to 50 years old	38 grams
Male	Over 50 years old	30 grams
Female	19 to 50 years old	25 grams
Female	Over 50 years old	21 grams

Add fibre to your diet gradually to avoid gas and cramping. Drinking at least 8 cups of fluid daily can help soften stools, and exercise can also help prevent constipation.

If you experience **Diverticulitis**, eat a **low fibre** diet to help the colon heal. Symptoms usually improve within two to four days. At this time you may gradually add fibre back into your diet. Resume a high fibre diet when your symptoms are gone.

Overall, managing diverticular disease is a *balance* between a high fibre diet to prevent flare ups and a low fibre diet to relieve symptoms of a flare up. Refer to the following food list for help planning your meals.

LOW FIBRE



HIGH FIBRE

Type of Food	High Fibre Choices For Management of Diverticulosis	Low Fibre Choices For Management of Diverticulitis
Vegetables & Fruit	<ul style="list-style-type: none"> ● Raw vegetables and fruits with skins and seeds ● Dried fruit pieces, such as prunes, apricots, raisins, figs, coconut ● Juice containing pulp, prune juice <p><i>Eat a variety of vegetables and fruits everyday (raw or cooked)</i></p>	<ul style="list-style-type: none"> ● Tender cooked and canned vegetables without seeds such as carrots, green or wax beans, white or sweet potato (no skin), tomato sauce, lettuce ● Canned or cooked fruit, ripe bananas, peeled apples, melons, orange/grapefruit sections with membranes removed ● Vegetable or fruit juice ● Fruit leather (e.g., Fruit To Go®)
Grain Products & Starches	<ul style="list-style-type: none"> ● Bread, bagels, tortillas, pitas, pizza, pancakes and muffins, made with <u>whole grain flours</u> ● Whole grain cereals with at least 4 grams fibre/serving, including bran flakes, shredded wheat, oatmeal, oat bran ● Whole grain breads and cereals with seeds, nuts, or dried fruits ● Whole grain pasta, brown and wild rice, barley, quinoa and bulgur ● Sprinkle natural bran or wheat germ on foods 	<ul style="list-style-type: none"> ● Plain, refined white breads and baked goods ● Plain crackers, including soda crackers, melba toast, matzoth ● Plain cookies including arrowroots and social teas ● Cereals with less than 2 grams fibre/serving, including plain corn and rice cereals, Cream of Wheat® and quick-cooking/instant oatmeal ● White pasta and rice ● White or sweet potato (no skin)
Milk & Alternatives	<ul style="list-style-type: none"> ● Yogurt, puddings, and cheeses with fresh fruits, fruit peels, nuts, seeds, coconut, whole grains, bran or wheat germ 	<ul style="list-style-type: none"> ● As tolerated: milk and soy beverages, cheese, cottage cheese and yogurt (no berries, nuts, seeds or grains)
Meat & Alternatives	<ul style="list-style-type: none"> ● Legumes such as lentils, garbanzo beans, black beans, baked beans, fava beans, lentils, lima beans, split peas, chick peas and pinto beans ● Choose these vegetarian protein choices 1 – 2 nights per week ● Chunky peanut butter and other nut spreads, nuts and seeds 	<ul style="list-style-type: none"> ● Smooth peanut butter ● Eggs ● During flare-ups, choose well-cooked, tender meat, poultry, fish (and avoid tough, fibrous meats)

It is sometimes recommended to avoid nuts, seeds, corn, popcorn or anything that may get “caught” in the bulging pouches (diverticula) of the colon. There is currently no proof that this is necessary or helpful. If you have experienced intolerance to any of these foods, it is recommended that you continue to avoid them.