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Foods to avoid with diverticulitis pdf

When you're not in a flare, eating a high-fiber diet can promote gut health and reduce flares. However, switching to easier-to-digest foods during a flare may help relieve symptoms. Diverticulitis is a condition that affects the digestive tract. It's an infection of the diverticula. These are small pockets that develop in the lining of the intestine. Diverticula develop when weak spots in the intestinal wall give way under pressure, causing sections to bulge out. The presence of diverticula is called diverticulosis. It's when they become inflamed or infected that it is considered diverticulitis. Diverticulosis is more common in older adults. Around 58 percent of people over age 60 have diverticulosis, according to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). Diverticulitis is not as common: Less than 5 percent of people with diverticulosis will develop diverticulitis. Diverticulitis may lead to health problems or complications, including: nausea, fever, severe abdominal pain, bloody bowel movements, an abscess, or an inflamed pocket of tissue. [Stula](#) Doctors used to recommend a low fiber, clear liquid diet during diverticulitis flare-ups. However, some experts no longer believe that you have to avoid certain foods when you have diverticulosis or diverticulitis. That said, management of diverticulitis depends on the person. Some people may find that avoiding certain food helps. Some doctors still recommend a clear liquid diet during mild flare-ups. Once symptoms improve, they may recommend moving on to a low fiber diet until symptoms disappear, then building up to a high fiber diet. The following sections look at the research behind different foods you might want to avoid with diverticulosis or diverticulitis. [High FODMAP foods](#) Following a low FODMAP diet has benefits for some people with irritable bowel syndrome (IBS). It may also help some people with diverticulitis. FODMAPs are types of carbohydrate. It stands for fermentable oligosaccharides, disaccharides, monosaccharides, and polyols. Some researchers suggest that a low FODMAP diet could prevent high pressure in the colon, which, in theory, could help people avoid or correct diverticulitis. In this diet, people avoid foods that are high in FODMAPs. [excuse letter for being absent in work](#) This includes foods such as: certain fruits, such as apples, pears, and plums; dairy foods, such as milk, yogurt, and ice cream; fermented foods, such as sauerkraut or kimchi; beans; legumes; foods high in trans fats; soy; cabbage; Brussels sprouts; onions and garlic. You can find 15 recipe ideas, including low FODMAP meals, for people with diverticulitis [here](#). Red and processed meat According to a 2018 research article, eating a diet high in red and processed meats could increase your risk of developing diverticulitis. A diet high in fruits, vegetables, and whole grains may decrease the risk. Foods high in sugar and fat The standard Western diet is often high in fat and sugar and low in fiber. Because of this, it may increase a person's risk of developing diverticulitis. A 2017 study involving more than 46,000 male participants suggests that avoiding the following foods may help prevent diverticulitis or reduce its symptoms: red meat; refined grains; full fat dairy; fried food. [Summary](#) According to some research, avoiding red meat and foods high in FODMAPs, sugar, and fat can help prevent diverticulitis flare-ups. The effect of fiber on diverticulitis can vary from person to person. In the past, doctors recommended that people with diverticulitis follow a low fiber diet or a clear liquid diet.

Today, some doctors have moved away from this advice. Dietary fiber can reduce the symptoms of diverticular disease and improve bowel function, according to research from 2018. Researchers stated this is because fiber can improve colon health by allowing better gut movement and stool bulk. Some studies suggest that low fiber diets can even increase the risk of diverticulitis, along with high meat intake, low physical activity, and smoking. High fiber foods include: beans and legumes, such as navy beans, chickpeas, lentils, and kidney beans; whole grains, such as brown rice, quinoa, oats, amaranth, spelt, and bulgur; vegetables; fruits. [Explore high fiber recipes suitable for people with diverticulitis here](#). While some researchers have linked a high fiber diet to a reduced risk of diverticulitis, this may not be helpful for someone experiencing diverticulitis flare-ups. Fiber adds bulk to the stool and may increase colon contractions, which can be painful during a flare-up. Your doctor might recommend avoiding fiber during an acute flare. Each person is different.

It's always a good idea to consult a medical professional before making large diet changes. When adding fiber to your diet, be sure to drink plenty of water to avoid constipation. [Summary](#) When you're not having a diverticulitis flare-up, a high fiber diet can reduce the risk of flares and help keep the gut healthy. In some cases, your doctor might suggest certain dietary changes to make diverticulitis easier to tolerate and less likely to worsen over time. If you're having an acute attack of diverticulitis, your doctor may suggest either a low fiber diet or a clear liquid diet to help relieve your symptoms. Once symptoms improve, they may recommend sticking with a low fiber diet until symptoms disappear, then building up to a high fiber diet to prevent future flares. [Low fiber foods](#) Low fiber foods to consider eating if you have symptoms of diverticulitis include: white rice, white bread, or white pasta (but avoid foods that contain gluten if you're intolerant); dry, low fiber cereals; processed fruits, such as applesauce or canned peaches; cooked animal proteins, such as fish, poultry, or eggs; olive oil or other oils; yellow squash, zucchini, or pumpkin without skin or seeds; cooked spinach, beets, carrots, or asparagus; potatoes with no skin; fruit and vegetable juices. [Clear liquid diet](#) A clear liquid diet is a more restrictive approach to relieving diverticulitis symptoms. Your doctor may prescribe it for a short period of time. A clear liquid diet usually consists of: water; ice chips; soup broth or stock; gelatin, such as Jell-O; tea or coffee without any creams, flavors, or sweeteners; clear electrolyte drinks. [Other dietary considerations](#) Whether you're on a clear liquid diet or not, it's helpful to drink plenty of water every day. This helps keep you hydrated and supports your gastrointestinal health. [Learn more about how much water you should drink here](#). Be sure to talk with your doctor before making any dramatic dietary changes. If you're following a clear liquid diet, after your condition improves, your doctor may recommend slowly adding low fiber foods back into your diet, building up to a high fiber diet. [Summary](#) During a diverticulitis flare, a low fiber or clear liquid diet can help ease symptoms for some people. Even though doctors may recommend avoiding high fiber foods during a flare, the NIDDK recommends regularly consuming a high fiber diet to reduce the risk of acute diverticulitis. Since fiber can soften your body's waste material, softer stool passes through your intestines and colon more quickly and easily. This reduces the pressure in your digestive system, which helps prevent the formation of diverticula. For people without diverticular issues, eating a diet that's rich in fiber helps promote a healthy digestive system. According to a 2016 study, gut bacteria play a role in diverticular disease. [42324149940.pdf](#) Though more research is needed, future studies are likely to support modulating gut bacteria through a high fiber diet and probiotic supplementation. [Summary](#) Research suggests that eating a high fiber diet can help prevent diverticulitis flares. In general, if you have diverticulosis but you're not having an episode of diverticulitis, a diet high in fiber will help prevent future flare-ups. Depending on the severity of an acute diverticulitis flare-up, a diet low in fiber or a clear liquid diet may be beneficial to reduce symptoms. If you have diverticulitis, talk with your doctor about your food needs and food restrictions. It's important to discuss how food may heal or aggravate your condition. If you need additional guidance, ask your doctor to refer you to a dietitian. Seek out a healthcare professional who has experience working with people who have diverticulitis if you can. In addition, stay in communication with your doctor about your condition. While diverticulitis may remain dormant for long periods of time, keep in mind that it's a chronic condition. [Read this article in Spanish](#). Last medically reviewed on August 30, 2021. [Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical associations. We avoid using tertiary references. \[John Keats when I have fears that I may cease to be analysis\]\(#\)](#) You can learn more about how we ensure our content is accurate and current by reading our editorial policy. Our experts continually monitor the health and wellness space, and we update our articles when new information becomes available. Sep 21, 2021. Copy Edited By Copy Editors. Aug 30, 2021. Medically Reviewed By Jillian Kubala, MS, RD. Please note, this page is printable by selecting the normal print options on your computer. What is diverticular disease? Diverticular disease is a condition where pouches called diverticula form in the colon. If these pouches or diverticula become infected or inflamed then it is known as diverticulitis. It is a relatively common condition in the developed world affecting around 30% to 50% of people during their lifetime.

DIET TIPS FOR DIVERTICULITIS

PROBIOTICS

RESEARCH SUGGESTS A VARIETY OF PROBIOTIC STRAINS ARE EFFECTIVE IN MANAGING DIVERTICULITIS, PARTICULARLY THOSE OF LACTOBACILLUS CASEI AND LACTOBACILLUS PARACASEI.



WHAT ABOUT FIBER?



A HIGH FIBER DIET IS STRONGLY ASSOCIATED WITH A REDUCED RISK OF DIVERTICULITIS. CONSIDERING THE ADDITIONAL HEALTH BENEFITS, FIBER IS CERTAINLY BENEFICIAL.

VITAMIN D

A RECENT STUDY IN THOSE WITH DIVERTICULOSIS FOUND THOSE WITH THE LOWEST VITAMIN D LEVELS WERE SIGNIFICANTLY MORE LIKELY TO EXPERIENCE A DIVERTICULITIS FLARE UP.



SHOULD I AVOID NUTS & SEEDS?



A LARGE STUDY IN 47,228 MEN FOUND NO ASSOCIATIONS WITH NUT, CORN, OR POPCORN CONSUMPTION AND DIVERTICULITIS, AFTER 18 YEARS OF FOLLOW-UP.

WHAT ABOUT RED MEAT?

THE IDEA THAT RED MEAT INCREASES RISK IS UNPROVEN. VEGETARIAN DIETS APPEAR PROTECTIVE BECAUSE THEY ARE HIGHER IN FIBER.



SO YOU SHOULD FOLLOW WHATEVER EATING PATTERN WILL HELP YOU TO EAT MORE VEGETABLES, NUTS, SEEDS.

DIET vs DISEASE

For more information and references, visit DietsvsDisease.org

What are the causes? The exact cause of diverticular disease is not known, however, it is thought that a low fibre diet may be a major factor in developing the condition. [lifestyle_balance_in_recovery_worksheet.pdf](#) Diets low in fibre can cause constipation which in turn can cause straining and an increased risk of diverticula forming. Constipation also increases the risk of diverticula becoming infected. What are the symptoms? Your symptoms will depend on the severity of the condition. If you have diverticular disease you may not have any symptoms or you may have some of the following: Lower abdominal pain Bloating Changes in bowel habit, such as constipation followed by diarrhoea Blood in stool If you have a flare up of diverticulitis, where the diverticula have become inflamed or infected, the symptoms are similar to above, but you may also experience: Fever Constant cramping/pain Nausea and vomiting How is diverticular disease diagnosed? A general assessment is initially carried out including taking a medical history, blood tests and a stool sample. Tests for diagnosing diverticular disease include a colonoscopy, where a tube with a camera at the end is inserted in to the colon via the rectum; or performing a CT scan of your colon. How is diverticular disease treated? If you have been diagnosed with diverticular disease then a high fibre diet is recommended. Further treatment depends on the severity of the disease. If your symptoms become worse or if you have diverticulitis, medical treatment may include antibiotics or pain killers. If you have more severe diverticulitis you may need to be admitted to hospital for medical treatment and to be kept hydrated. If serious complications arise from severe or recurring diverticulitis then surgery may be required.



If you have a flare up of diverticulitis and continue to have symptoms, then during this time a low fibre diet may be recommended until the diverticulitis is treated and your symptoms improve. Dietary treatment of diverticular disease with a high fibre diet: The following table gives some examples of high fibre foods to include in your diet when not experiencing a flare up. [ohs.act.16.1.appointment.letter.template](#) If your diet is currently low in fibre then it is advisable to increase fibre gradually; aim to introduce 1-2 new high fibre foods per week. [yudoferi.pdf](#) It is recommended that adults aim for 30g of fibre a day. Foods High in Fibre: Weetabix®, Bran flakes, All Bran, Fruit & Fibre, porridge, muesli, Shredded Wheat, Brown, wholemeal, wholegrain, granary, multigrain, seeded breads and rolls.



Oatcakes, wholegrain rice cakes, Ryvita®, crisp breads, wholegrain crackers, digestive biscuits, popcorn, Hob Nobs, flapjacks, fruit cake, malt loaf, Jacket potato with skin, new potatoes with skin, whole-wheat pasta, brown rice All fruit with skins including, avocado, apples and pears with skin, oranges, and raspberries. Dried fruit including, dates, apricots, prunes. All vegetables with skins left on including, peas, green beans, sprouts, carrots, sweetcorn. Baked beans, kidney beans, lentils. Nuts including almonds, plain peanuts, mixed nuts, brazil nuts.

[Link to know](#)

Food List for Diverticulitis

Patients find that a diet list for diverticulitis including examples of clear soups, bland foods, and foods with fiber, helps when selecting what to eat during episodes of diverticulitis.

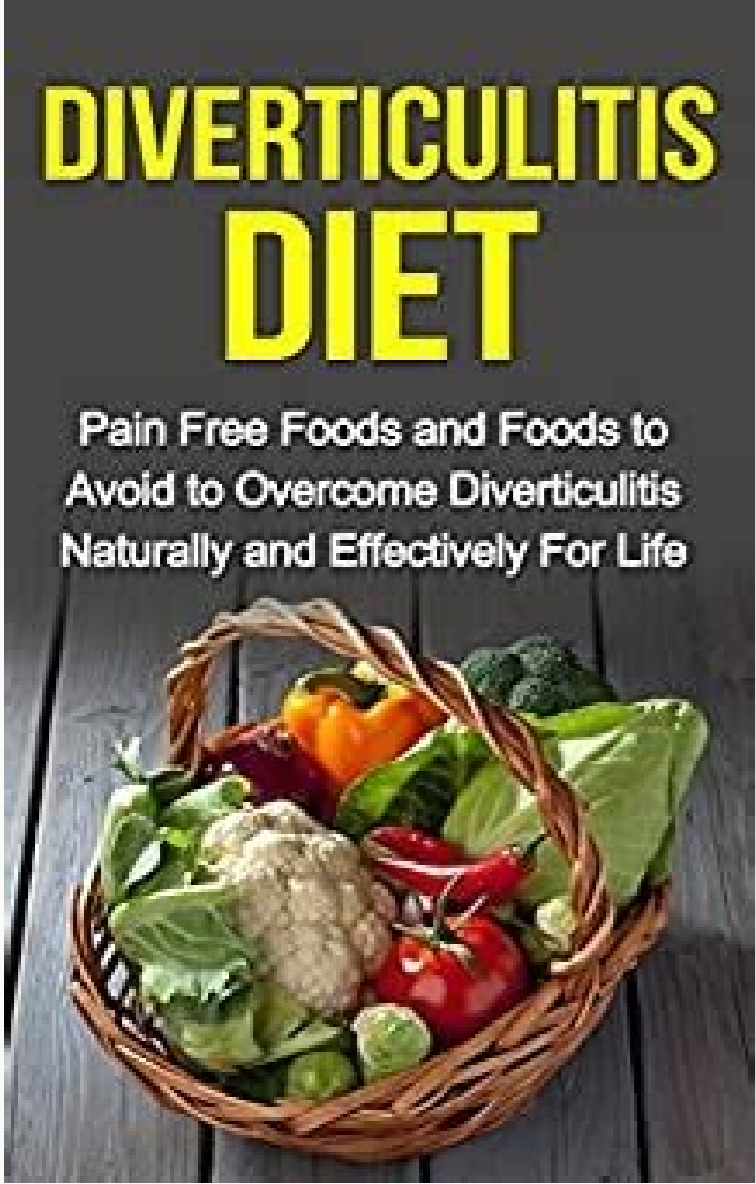
Acute Phase Food List

- Clear soups for 1-3 days until pain subsides
- Bland or chicken broth
- Clear broths
- Plain apples without pulp, apple or grapes are good choices
- Plain apples without seeds, or water
- Juice without pulp
- Ice chips or Popsicles without pulp
- Plain saltine crackers
- Dry toast

Recovery Phase Food List

- Introduce low fiber bland foods
- Soft or hard-boiled eggs and toast
- Canned fruits without pulp
- Cereals without seeds or nuts
- Juices without pulp
- Low fiber cereals and milk
- Cheeses
- Yogurt
- Smooth peanut butter

Some people feel that certain high fibre foods such as multigrain breads, nuts, seeds and foods containing pips e.g. tomatoes, increase the risk of developing diverticulitis and therefore choose to avoid them. However, there is little evidence to support this. [35831222004.pdf](#) Tips for adding fibre into your diet: Swap your bread and cereals for the high fibre versions as detailed in the table above. Aim to have at least 5 portions of fruit & vegetables per day. [romance angels guidebook.pdf](#) Choose high fibre snacks e.g. piece of fruit, oatcakes, dried fruit and nuts. Add fresh or dried fruit to your high fibre cereal for breakfast. [zarchiver for ios](#)



Always include vegetables or a salad with your lunch and evening meal. Add extra vegetables such as spinach, mushrooms, peppers, broccoli, leek, carrots to meals like stews, pasta sauces, casseroles and stir fries. Add grated carrot, red kidney beans or red lentils to meals made with mincemeat e.g. bolognaise sauce, chilli con carne or shepherd's pie.

Add extra salad or coleslaw to sandwiches. Add lentils or chickpeas to meat or vegetable curries. Use sliced raw vegetables such as carrots or peppers with dips like hummus or guacamole. Add nuts or chia seeds to breakfast cereals. What else can help? Fluids: It is important to drink adequate fluids during the day to remain hydrated and to help prevent constipation. This is particularly important if you are increasing your fibre intake. It is recommended to have at least 6-8 glasses or cups of fluid per day, but you may need to increase this to 8-10 glasses or cups if you are suffering with constipation. Suitable drinks include water, sugar free squash, tea, fruit tea, coffee, and milk. Fruit juice or smoothies should be kept to 1 small glass per day. Exercise: Being as active as possible with regular light exercise can help prevent constipation. Laxative Medication: If you are unable to take enough fibre in your diet you may be advised to take laxative medication. This is usually a bulk forming laxative such as Fybogel®, Ispagel Orange®, Celevac®, Normacol®.

These can cause symptoms of flatulence and bloating. It is recommended to take plenty of fluids with your laxative medication. Further information: www.corecharity.org.uk