

Recommended Diet For Diverticulosis

Follow a high fiber diet with a goal of 30 grams of fiber per day.

High Fiber Foods

- **Whole grain products**
- **Beans and legumes**
- **Brown and wild rice**
- **Fruits**
- **Vegetables**

Tips To Incorporate Fiber Into Your Diet

- ✓ Eat a cereal high in fiber for breakfast.
 - Add fruit.
- ✓ Choose brown rice and whole wheat pasta.
- ✓ Choose breads with whole grains or wheat.
- ✓ Substitute whole wheat flour for white flour.
 - Add wheat bran or crushed bran when baking.
- ✓ Eat more fruits and vegetables.
 - Try to eat 5 or more servings daily.
- ✓ High fiber vegetables include brussels sprouts, broccoli, acorn squash and potato with skin.
- ✓ Fruits with edible skin and/or seeds are highest in fiber.
 - Examples: apples, pears, raspberries.
- ✓ Add beans, peas, and lentils to meals.

Points To Remember

- Diverticulosis is common. 7 in 10 people have diverticula by the age of 80.
- There is a higher incidence of diverticulosis in western and industrialized countries where lower fiber diets are common.
- Many with diverticulosis will have no symptoms.
- Diverticulosis can often be managed with adjustments in diet.
- Diverticulitis with mild symptoms often resolves with oral antibiotics and bowel rest with dietary restrictions.

FIBER IN FOODS

(per100g)



Learn More About Diverticulosis

Connecticut GI

www.ConnecticutGI.org

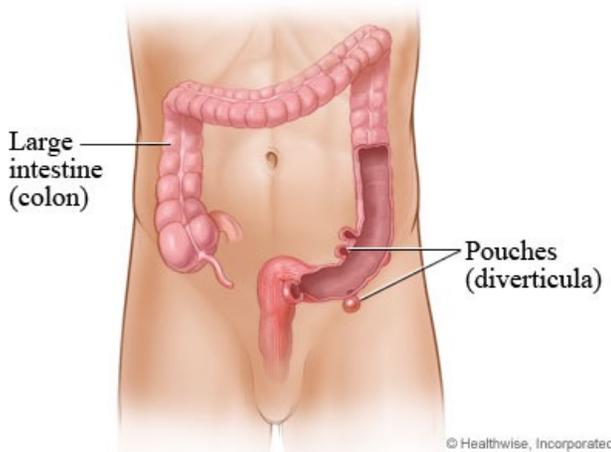
Diverticular Disease



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What Is Diverticulosis?

- Diverticula are small pouches or pockets that develop through weak spots in the intestinal wall, predominantly in the sigmoid colon (lower left colon).
- The presence of diverticula in the colon is known as diverticulosis.



- Diverticulosis is often asymptomatic, but symptoms may include abdominal pain, bloating, or constipation.
- The cause is not known but thought to be linked to diet, particularly a lack of fiber over many years.
- Low fiber intake causes the muscle of the bowel to work harder and leads to increased pressure inside the colon. This pressure may contribute to diverticula.

FACT:

Diverticulosis occurs in 10% of people over age 40 and 50% of people over age 60

Testing For Diverticulosis

- Diverticulosis may be diagnosed with a colonoscopy, CT scan, or barium enema.
- Diverticulosis is most often found incidentally during a routine colonoscopy.

Complications

Diverticulitis:

- Occurs when one of the diverticula becomes infected or inflamed.
- Happens in 10-25% of patients with diverticulosis.
- Symptoms include abdominal pain (often on the left side), fever, nausea, or vomiting.
- Imaging in the form of CT scan may be required for diagnosis.
- Treatment entails antibiotics and bowel rest with a liquid diet which can then be advanced to a low fiber diet.
- Complications from diverticulitis include abscess, perforation, fistula, & peritonitis.
- Recurrent episodes of diverticulitis may require surgery to remove the affected part of the colon.

Diverticular Bleeding:

- A blood vessel within the diverticula can begin bleeding suddenly causing a large amount of blood to appear in the stool.
- There may be no abdominal pain, and bleeding often stops on its own.
- Hospitalization may be required depending on the severity of symptoms.

Recommended Diet For Acute Diverticulitis

Follow a clear liquid diet with slow progression to a low fiber diet.

Clear Liquid Diet

- **JELL-O**
- **Popsicles**
- **Broth**
- **Juices with no pulp**
 - apple, grape, cranberry

Low Fiber Foods

- **Eggs**
- **Dairy products**
 - cheese, milk, yogurt
- **Cooked cereals**
 - farina, cream of wheat, grits
- **Cold cereals**
 - corn flakes, cheerios
- **White bread**
- **White rice, refined noodles/pasta**
- **Canned or cooked fruit**
 - without seeds or skin
- **Canned or cooked vegetables**
 - without seeds or skin
- **Meat that is ground or tender**

Resume a high fiber diet once symptoms are resolved or as directed by your doctor