

## **DIET FOR DIVERTICULAR DISEASE**

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### **What is Diverticulosis?**

*Diverticulosis* is a condition in which small pouches (diverticula) are formed in the wall of the large intestine (colon). Low fibre intake over many years causes constipation and increased pressure in the colon, which causes diverticula to form.

**What Is Fibre?** There are two types of fibre:

1. **Soluble fibre** - This type of fibre dissolves in water and forms a gel-like substance in the stomach/intestines. Some foods that contain soluble fibre are oatbran, oatmeal, dried peas and beans, lentils and apples.
2. **Insoluble fibre** - This type of fibre is any part of foods that we can not digest. Some foods that contain insoluble fibre are wheatbran and wheatbran cereals, whole grain breads and fruits and vegetables with skins and seeds.



### **What are the Benefits of Fibre?**

- Soluble and insoluble fibre help maintain a healthy gastrointestinal system, easing certain conditions: hemorrhoids, symptoms of irritable bowel disease, and diverticulosis.
- Soluble and insoluble fibre help prevent and relieve constipation by making the stool softer and bulkier, and help to maintain regular bowel movements.
- Insoluble fibre helps with diarrhea by absorbing the excess water in the stool.
- Soluble fibre helps decrease blood cholesterol, control weight & blood glucose levels.
- Soluble and insoluble fibre may help reduce the risk of developing colon cancer.

### **High Fibre Diet for Diverticulosis**

A healthy diet includes **20 – 35 grams of fibre per day**. Here are some tips to help you increase your fibre intake:

- Increase the fibre in your diet by small amounts to prevent gas, bloating and diarrhea.
- Consume fibre containing foods evenly throughout the day.
- Drink 8 – 10 cups of fluids each day. Fibre draws fluids into your stools to keep them soft, bulky, and easily passed.

*Increasing your fibre intake without increasing your fluid intake can cause constipation.*

## TIPS for INCREASING FIBRE

- Choose meat alternatives such as legumes and beans in the diet more often.
- Use whole grains instead of refined products i.e. whole-grain flour for baking.
- Add unprocessed bran to soups, hot cereals, meat dishes and baked products.
- Add fresh fruit to yogurt, pudding, and cereals.
- Choose raw fruits and vegetables instead of juice.



## What are High-Fibre Foods?

Food Type	Examples of Food	Serving	Fibre (g)
<b>Beans</b>	Lima, baked brown, pinto, kidney, great northern, garbanzo, navy; dried peas and lentils	½ cup (125 ml) cooked	6 – 9
<b>Cereals</b>	All Bran, All Bran Buds with Psyllium, 100% Bran, Fibre 1, Red River, Balance, Wheatabix (2), Quaker Oat bran	Approximately 1/3 cup (80 ml) or check label	5 – 12
<b>Pasta</b>	Whole-wheat pasta	1 cup (250 ml)	5
<b>Fruit</b>	Apples (1), berries (1/2 cup), kiwi (2), mangoes (1/2)	½ cup (125 ml) or ½ - 2 fruits	5
<b>Vegetables</b>	Brussel sprouts, corn, parsnips, peas	½ cup (125 ml)	>4

## What are Medium-Fibre Foods?

<b>Food Type</b>	<b>Food Examples</b>	<b>Serving</b>	<b>Fibre (g)</b>
<b>Grain Products</b>	Whole-wheat grains (brown rice, bulgur, barley)	½ cup (125 ml) cooked	2 – 5
<b>Cereals</b>	Shredded Wheat, Bran Flakes, Grape-nut Flakes, Corn Bran, oatmeal, puffed wheat (check labels)	½ cup (125 ml)	2 – 4
<b>Fruits</b>	Dried fruits (prunes, raisins, apricots)	½ cup (125 ml)	2 – 5
	Oranges, pears, strawberries (1 cup)	1 cup (250 ml) or 1 small fruit	2 – 4
	Blueberries, boysenberries, crabapple, cranberries, currants, dried lychee, small plantain, rhubarb	½ cup (125 ml) or 1 small fruit	2 – 4
<b>Nuts and Seeds</b>	Almonds, peanuts, sunflower seeds, sesame seeds	2 Tbsp. (30 ml)	2 – 4
<b>Breads</b>	Whole-wheat breads (pumpernickel, rye, whole-wheat, bran muffin)	1 slice	2 – 4
<b>Vegetables</b>	Potato with skin, sweet potato, broccoli, carrot, eggplant, turnip, beans (green & wax), chard, canned pumpkin, spinach, winter squash, yam	½ cup (125 ml) or 1 small vegetable	2 – 4

## What is Diverticulitis?

*Diverticulitis* occurs when the pouches in the colon become infected and inflamed. Some symptoms of diverticulitis include:

- Pain
- Vomiting
- Change in bowel habit
- Fever
- Chills
- Constipation
- Nausea
- Cramping
- Generally feeling unwell

*If you experience any of these symptoms, report them to your doctor.*

## Treatment for Diverticulitis

The focus of treatment is clearing up the infection and inflammation, resting the colon and preventing or minimizing complications. Antibiotics and a liquid diet are used to treat most cases of diverticulitis.

Surgery may be necessary in some cases. After your surgery, or after an attack of pain or inflammation, your diet will progress to a fibre-restricted diet for about 2 weeks. Then, you can slowly progress to a high fibre diet.

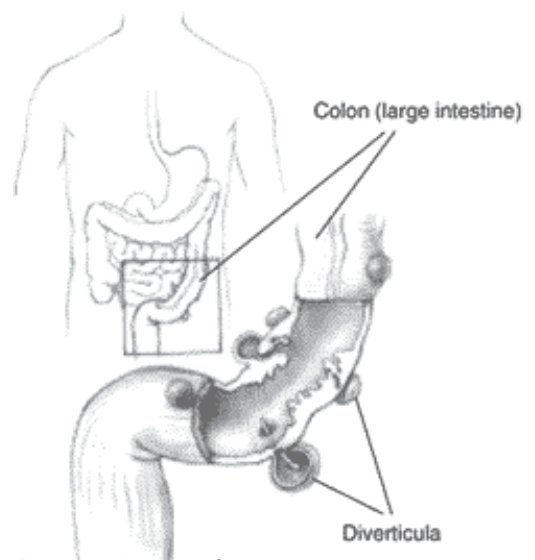


Figure 1. Picture of diverticula and the colon

## Fibre Restricted Diet for Diverticulitis

The fibre restricted diet is a temporary diet that lasts about 2 weeks after surgery or after any attack of pain or inflammation. After this time, the diet is slowly progressed to a high fibre diet. This diet follows *Canada's Food Guide to Healthy Eating* in creating a well-balanced diet.

### *Tips for this type of diet include:*

- Removing skins, membranes and seeds from all fruits and vegetables.
- Raw fruits and vegetables from the recommended list (next page) should be taken as tolerated.
- Drink 8 – 10 cups of fluids daily.

## Fibre Restricted Diet

For \_\_\_\_\_ Weeks Or As Recommended By Your Doctor

Food Group	Recommended	Avoid
<b>Milk and Milk Products</b>	<ul style="list-style-type: none"> <li>Milk as tolerated; plain or flavoured yogurt, pudding, and cheese.</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt containing seeds or fruit peels, seeded cheeses, pudding with nuts.</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>Refined breads, rolls, biscuits, muffins, crackers, pancakes, waffles, plain pastries made with white flour.</li> <li>Refined cooked cereals including quick-cooking oatmeal, grits, farina; refined cold cereals (puffed rice/wheat, Cornflakes).</li> <li>White rice; refined pasta.</li> </ul>	<ul style="list-style-type: none"> <li>Any products made with whole-grain flour, cracked wheat, bran, seeds, nuts, coconut, or raw/dried fruits; cornbread; graham crackers.</li> <li>Any whole-grain, bran, or granola cereal; any products containing seeds, nuts, coconut, or dried fruit.</li> </ul>
<b>Meat and Alternatives</b>	<ul style="list-style-type: none"> <li>Ground or well-cooked, tender beef, lamb, ham, veal, pork, poultry, fish, organ meats; eggs; creamy peanut butter.</li> </ul>	<ul style="list-style-type: none"> <li>Any products made with whole-grain ingredients, seeds or nuts; dried beans, peas, lentils, legumes; chunky peanut butter.</li> </ul>
<b>Fruits and Vegetables</b>	<ul style="list-style-type: none"> <li>Most canned or cooked fruits, applesauce, fruit cocktail, ripe banana, melons, peeled apples, orange/grapefruit sections with membranes removed; strained fruit juice/fruit drinks.</li> <li>Most well cooked and canned vegetables without seeds, except those excluded; strained vegetable juice; cooked white and sweet potatoes without skin.</li> </ul>	<ul style="list-style-type: none"> <li>Dried fruit; all berries; raw fruits with membranes and seeds, kiwi, grapes; any juice containing fruit or vegetable pulp; prune juice.</li> <li>Sauerkraut, winter squash, peas and corn; most raw vegetables and vegetables with seeds; lettuce (can have if tolerated).</li> </ul>
<b>Soup</b>	<ul style="list-style-type: none"> <li>Bouillon, broth, or cream soups made with allowable vegetables, noodles, rice or flour.</li> </ul>	<ul style="list-style-type: none"> <li>All others.</li> </ul>
<b>Fats and Oils</b>	<ul style="list-style-type: none"> <li>Margarine, butter, salad oils and dressings, mayonnaise; bacon; plain gravies.</li> </ul>	
<b>Desserts</b>	<ul style="list-style-type: none"> <li>Plain cakes/cookies made with all-purpose flour; pie made with allowable fruits; plain sherbet; fruit ice, frozen pops, gelatin, custard; jelly, plain hard candy, marshmallows; ice cream, molasses, sugar and syrup.</li> </ul>	<ul style="list-style-type: none"> <li>Any desserts made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit; jam and marmalade.</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>Salt, pepper, sugar, spices, herbs, vinegar, ketchup, mustard, coffee/tea, carbonated beverages.</li> </ul>	<ul style="list-style-type: none"> <li>Nuts, coconut, seeds, popcorn; pickles.</li> </ul>



