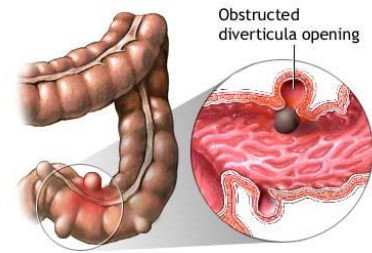


Diverticular Disease

Diverticulitis is an inflammation or infection of the diverticula, which are small pouches in the large bowel.

Stool or bacteria sometimes gets trapped in these pouches causing a sudden attack of severe abdominal pain.



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What can I eat?

While you have symptoms, you may need to follow a LOW FIBRE diet. This will help your infection clear up and let your large bowel rest. Avoid high fibre foods.

Low Fibre Foods examples

- White bread and toast, including crumpets, breads, rolls etc. made with white flour
- Plain biscuits such as rich tea or shortbread
- White pasta, noodles, rice, cous cous
- Cereals such as Rice Crispies, Corn Flakes
- Plain crispbreads, crackers
- Limit fruit to two portions a day (*a portion of fruit/vegetables is 80g or handful*)
- Limit vegetables to two portions a day; avoid beans

Once your symptoms have improved, you may benefit from a HIGH FIBRE diet. Adding fibre to your diet helps reduce chances of developing the symptoms again in the future.

High Fibre Foods examples

- Beans & pulses
- Oats, oat bran, barley, ground linseed (flax) seed
- Fruits & vegetables (leave the skins on where possible) – fresh, frozen, canned or dried
- Breads – wholegrain/ whole meal or granary breads, or high fibre white breads.
- Cereals – high fibre cereals such as those made with whole-wheat or bran / porridge / muesli
- Jacket potatoes with skins on
- Brown rice, brown pasta
- Chapatti or naan bread made with wholegrain flour

Remember to increase your fluid intake, as you increase your fibre intake.

If you suffer from constipation, it is important to increase your fibre intake slowly to avoid bloating and flatulence

Enjoy a variety of fruits and vegetables. Nuts, seeds, popcorn and small seeds in foods like strawberries, raspberries, tomatoes and cucumbers have not been proven to cause diverticulitis. They can be enjoyed in moderation.

