

KAREN R. BANKS-LINDNER, D.O, PLLC
45-47 HALE ST
NORWICH, N.Y. 13815

(607)-336-1749

DIVERTICULITIS DIET

DESCRIPTION

Please note this diet may be preceded by Clear Liquid/Full Liquid Diet during the acute stage of diverticulitis. This diet is designed to address Diverticular disease. **There are two stages to this diet.** The first stage is to address diverticulitis. This is when diverticula (small pouch like structures that may form in the gastrointestinal tract) become inflamed. At this time it is very important to reduce the amount of residue/fiber in your diet. Stage One of this diet is a Low Residue/Low Fiber Diet. It is designed to rest and limit the stress on the gastrointestinal tract. After the inflammation is resolved, then the diet progresses to Stage Two, which is a High Fiber Diet with the elimination of foods containing nuts, seeds, and popcorn. **You should not advance to the second stage of this diet until your physician advises you. If you advance the diet too soon, it could cause a worsening of the inflammation.** The reason a High Fiber Diet is recommended is to increase bulk, thereby reducing both transit time as well as pressure in the colon. This will reduce the risk of repeated inflammation of the diverticula. It is important to avoid nuts, seeds, and popcorn as these items may actually become lodged in the diverticula and become infected.

NUTRITIONAL ADEQUACY

The diet meets the RDA's for all nutrients

STAGE ONE (To Address Diverticulitis)

LOW RESIDUE DIET

FOOD GROUP

Bread, cereal, rice, and pasta

FOODS ALLOWED

Refined breads, rolls, biscuits, muffins, crackers, pancakes or waffles; plain pastries. Refined cooked cereals including grits & farina. Refined ready-to-eat cereals including puffed rice and puffed wheat. White rice; refined pasta

FOODS TO AVOID

Breads or bread products made with whole-grain flour, bran, seeds, nuts, coconut, or raw or dried fruits; cornbread; graham crackers; oatmeal; any whole-grain, bran or granola cereal; any containing seeds, nuts, coconut or raw or dried fruits; wild or brown rice; whole-grain pasta

Fruits

Most canned or cooked fruits without skins, seeds or membranes; applesauce, ripe banana, fruit cocktail; strained fruit juices or drinks

Raw fruit except bananas; dried fruits; all berries; any others not listed; prune juice

Vegetables

Most well-cooked and canned vegetable without seeds, except those listed to avoid; cooked

Sauerkraut, winter squash, corn, peas; raw vegetables; vegetables with seeds; raw,

	white and sweet potatoes without skin	fried or potatoes with skin
Meats and meat substitutes	Tender, ground or well-cooked beef, pork, poultry, fish, lamb, ham, veal, organ meats; eggs and cheese without seeds, nuts, coconut	Tough fibrous meats with gristle; any made with whole-grain ingredients, seeds, nuts, coconut, whole or dried fruit; dried beans, peas, corn, lentils, legumes; peanut butter; highly seasoned, fried or processed meats or cheeses
Milk and yogurt	Limit milk and foods containing milk to 2 cups per day; yogurt plain or with allowed fruit	Milk or milk products in excess of 2 cups per day; yogurt or milk/milk products with seeds, nuts, coconut, fruits not allowed or dried fruit
Fats	Butter or margarine; salad oils and dressings; mayonnaise; crisp bacon; plain gravies	Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit
Soups	Bouillon, broth or cream* soups made with allowed vegetables, noodles, rice, or flour *Cream soup within 2 cups per day milk allowance	All others
Beverages	Coffee, tea, carbonated beverages	Any containing fruit or vegetable pulp