

## **Diverticulosis/Diverticulitis Diet**

**Diverticulosis** is characterized by the formation of pockets in the lining of the large intestine.

**Diverticulitis** is the acute stage of diverticulosis, when the pockets are infected and inflamed.

With the presence of Diverticulosis it is best to follow a high fiber diet. This keeps pressure on the wall of the large intestine and prevents the accumulation of excess bacteria. Increase fiber gradually in your diet because the sudden increases may cause increased formation of gas.

If diverticulitis does occur, it is best to switch to a low fiber diet during the acute infection period. After the infection is gone, gradually switch back to a high fiber diet.

### **Recommended Foods for Diverticulosis**

<b><u>Food Group</u></b>	<b><u>Amount to Consume Daily</u></b>	<b><u>High Fiber Foods</u></b>
Fresh Fruit	2 or more servings	Apples (with Skin), oranges, grapefruits, bananas, peaches, pears, plums, cherries, apricots and grapes.
Breads and cereal	4 or more servings	Whole grain bread,(100% whole wheat, bran or pumpernickel); dry or cooked cereals made from whole wheat, bran, oats, unprocessed wheat bran, or oat bran; whole grain crackers; bran muffins, brown rice.
Vegetables	2 or more servings	Broccoli, Brussels sprouts, peas, cabbage, carrots, celery, green beans, potatoes, zucchini, tomatoes (without seeds), onions and baked beans. Avoid popcorn.

## Recommended Foods for Diverticulitis

<u>Food Group</u>	<u>Amount to Consume Daily</u>	<u>Low Fiber Foods</u>
Fresh Fruit	2 or more servings	Fruit juice, fruit drinks, pureed fruit, cooked fruit (without skin)
Breads and Cereals	4 or more servings	White bread, French bread, farina, cream of wheat or rice, melba toast, saltines, corn flakes, rice krispies, puffed rice, white rice and pasta
Vegetables	2 or more servings	Vegetable juice, lettuce, winter squash, tomato sauce, mashed or cooked vegetables or potato
Miscellaneous		All dairy products, meat, poultry, fish, eggs, broth, cream soup

## Gallbladder Diet

### Breakfast

Fruit: All but Avocado  
Cereal: Any  
Egg: Egg White ALLOWED ONLY  
Beverage: Light tea or coffee or skimmed milk

### Lunch

Soup: No creamy or fatty soups  
Vegetables: Cooked vegetables only, such as carrots, string beans, peas, beets, spinach. The following vegetables **MUST NOT BE EATEN** either cooked or uncooked:  
Cucumbers, corn, radishes, sauerkraut, onions  
Beverage: Light tea, skim milk

### Dinner

Meat: Serving of any lean meat, chicken or turkey. No fried or fatty meats allowed. Meat may be cooked, broiled or baked. No stews or gravies permitted. No duck or goose allowed.  
Fish: Nothing fried. No canned fish such as: salmon, tuna, etc. except water packed  
Vegetables: Cooked vegetables as described for lunch **ONLY**  
Salad: Lettuce and tomato salad **WITHOUT DRESSING**  
Cheese: Skim milk or cottage  
Beverage: Light tea, skimmed milk  
Dessert: Choice of: fruits, junket or gelatin dessert (without cream), angel food cake.

### EAT SMALL OR MODERATE MEALS

### THE FOLLOWING FOODS MUST BE AVOIDED

**All fried and fatty foods**  
No eggs except egg whites  
No fatty soup  
No butter allowed  
No canned fish in oil  
No gravies allowed

No condiments or dressings such as:  
Mayonnaise or Russian dressing  
**Avoid the following:** Asparagus, corn,  
Cucumbers, green peppers, radishes,  
cabbage, sauerkraut, onions, garlic