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## 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, as a sudden increase 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.

<b>RECOMMENDED FOODS FOR DIVERTICULOSIS</b>		
<b>Food Group</b>	<b>Amount to Consume Daily</b>	<b>High Fiber Foods</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 <b>Avoid Popcorn!</b>

## RECOMMENDED FOODS FOR DIVERTICULITIS

<b>Food Group</b>	<b>Amount to Consume Daily</b>	<b>Low Fiber Foods</b>
Fresh Fruit	2 or more servings	Fruit juice, fruit drinks pureed fruit, cooked fruit (without skin)
Breads and Cereal	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