

Department of Nutrition & Dietetics

Dietary management of diverticular disease

Dietary management of diverticular disease is dependent on the level of inflammation within your colon (large bowel) and the symptoms you have. Generally the advice for painless diverticular disease is to use dietary measures to maintain a regular soft bowel movement:

- Drink plenty of fluid. At least 6 cups or 1.5 litres daily.
- Take regular exercise
- Have a balanced diet high in fibre: 5 portions of fruits and vegetables, include pulses/legumes and wholegrain cereal products

It is not usually recommended to restrict any particular food types, however not all people respond to foods in the same way and there may be foods that disagree with you. More information on healthy eating can be found at www.nhs.uk/live-well/eat-well/

If you are suffering with diverticulit^s, which is the active stage of the disease where symptoms can include pain and altered bowel habits, dietary management is different.

Whilst you have acute symptoms you should follow a **low fibre** diet and **avoid bowel irritants** such as alcohol, caffeine and spicy foods. You should continue to eat like this for _____ weeks after the symptoms have resolved. You can gradually return to a full balanced diet after this time.

See overleaf for details

It is important that you have an adequate fluid intake. You should aim to have between 8-10 cups of fluid daily.

Your dietitian is.....

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**Isle of Man
Government**

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	Low fibre foods to eat	Higher fibre foods to avoid
Bread & cereal products	White bread, white rice, white pasta, pastry (white), white breakfast cereals (eg. corn flakes, frosted flakes, Rice Krispies, Readybrek), plain crackers, rich tea biscuits, plain sponge cake, Nice biscuits	Wholemeal/wholegrain bread, brown pasta, brown rice, pearl barley, High fibre breakfast cereals (eg. Weetabix, branflakes, porridge, muesli), wholemeal biscuits (eg. Digestives, Hobnobs), Flapjacks, Oatcakes
Fruit	Skinless seedless ripe fruits (fresh or tinned): apples, bananas, grapefruit, melon, pears, tinned fruit. Fruit juice or smoothies without pulp/bits <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-top: 5px;">Suggest 1-2 portions per day</div>	Fruit with seeds or 'bits': Citrus fruit, pineapple, berries with seeds, kiwi, fruit juice with pulp/bits All dried fruits.
Vegetables	Peeled well-cooked peeled root vegetables , liquidised vegetable soups <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-top: 5px;">Suggest 1-3 portions per day</div>	All seeds, skins and tough stalks/leaves Raw vegetables/salad Baked beans, lentils/pulses, peas, sweetcorn, celery, potato skins
Dairy Products	Milk, milkshake, yoghurts (without fruit 'bits'), cheese, cottage cheese, milk puddings, custard, ice-cream	Yoghurt with fruit/nuts. Cottage cheese with chives/pineapple
Meat/ fish/ egg	Any tender meat and poultry, all eggs, cheese	Tough gristly meat, skin and bones of fish, any recipes containing nuts or vegetables as listed
Miscellaneous	Jelly, sugar, honey, syrup, boiled sweets, marshmallow, plain dark/milk chocolate (without nuts/fruit). Tea/coffee*, soft drinks. Salt and pepper, spices, gravy, tomato sauce, soy sauce Potato or corn crisps <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-top: 5px;">*Note: if you suffer with diarrhoea it is wise to minimise caffeine drinks</div>	Anything with nuts/disallowed fruits/ wholemeal flour/coconut Jams with skin, peel or pips. Chocolates/sweets with fruit/nuts. Spicy foods, pickles and relishes, horseradish. Popcorn. All nuts/seeds/coconut.