

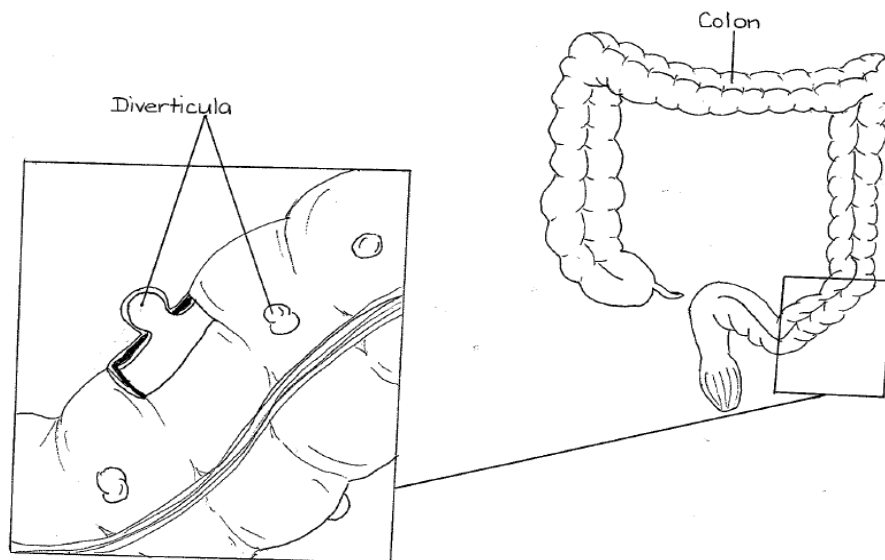
Diet and diverticular disease

This resource is to help you choose what to eat to help manage diverticular disease.

What is diverticular disease?

Diverticular disease is when small pockets develop in the lining of the large bowel. These pockets can become inflamed or infected. This can cause symptoms such as diarrhoea, constipation, abdominal pain, and bloating. This is called diverticulitis.

Diverticular (pockets) in the large bowel



What causes diverticular disease?

There is not one known clear cause of diverticular disease. A healthy diet with adequate fibre may help reduce the risk and prevent flare ups from occurring. Fibre is the edible part of plants that is not digested or absorbed in the small bowel.

What do I eat while I am unwell?

Eat a low fibre diet until pain and discomfort settles – this may vary for everybody but is generally only for 2-3 weeks. This will reduce irritation to the bowel while it is inflamed. Do not follow a low fibre for a long period of time.

What do I eat when I have recovered?

- Eat a high fibre diet – this adds bulk to the stool, keeping it soft and easy to pass.

- Increase fibre gradually to allow your bowels time to adjust to the change.
- Drink 8-10 cups of water per day.

Which foods are low and high in fibre?

Use the table below to help you choose what to eat when following the low fibre diet and what foods to gradually increase when eating a high fibre diet.

FOOD GROUP	Low fibre	High fibre
Bread, cereals, rice, pasta, noodles	<ul style="list-style-type: none"> • White bread, crumpets, scones, English muffins • Refined breakfast cereals e.g. Rice Bubbles™, Cornflakes™ • White rice, pasta, sago, tapioca, semolina • White flour, cornflour • Plain sweet and savoury biscuits or cakes 	<ul style="list-style-type: none"> • Wholemeal/ wholegrain bread, fruit bread, rye bread • Wholegrain breakfast cereals or any with dried fruit, nuts or coconut e.g. Muesli, All-Bran™, Weetbix™ • Rolled oats, quick oats, oat bran, muesli bars • Brown rice, pasta • Wholemeal flour, wheatgerm • Sweet and savoury biscuits or cakes made with wholemeal flour, nuts, dried fruit or coconut
Vegetables	<p>Ensure vegetables are <u>peeled</u> and <u>well-cooked</u> where able:</p> <ul style="list-style-type: none"> • Potato, sweet potato, pumpkin, carrot, zucchini • Cauliflower and broccoli florets • Asparagus tips, mushrooms <p>Suitable salad vegetables are:</p> <ul style="list-style-type: none"> • Tomato and cucumber with skins and seeds removed • Shredded lettuce • Spring onion, onion, capsicum • Well strained vegetable juice • Tomato puree or paste 	<ul style="list-style-type: none"> • Raw vegetables (excluding those listed). • Avoid all other vegetables not listed in foods to include

FOOD GROUP	Low fibre	High fibre
Fruit	<ul style="list-style-type: none"> • Pawpaw and melons (no seeds) • Cherries, seedless grapes • Peeled peaches & nectarine • Small banana • Well-cooked fruit no skin/pips • Canned fruits except pineapple • Fruit juice – no pulp 	<ul style="list-style-type: none"> • Fruit with skin, pips or of a very “fibrous” texture - e.g. apples, pears, oranges, pineapple • Canned pineapple • Dried fruit • All other fruit not listed in foods to include
Dairy foods	<ul style="list-style-type: none"> • All varieties of milk • Yoghurt, custard, ice-cream (no fruit or nuts) • Cheese 	<ul style="list-style-type: none"> • Desserts containing dried fruit, nuts, or coconut • Products containing “chunky fruit” pieces
Meat, fish, poultry, eggs, nuts, seeds, legumes	<ul style="list-style-type: none"> • All meat, chicken or fish • Tofu • Eggs 	<ul style="list-style-type: none"> • Legumes e.g. baked beans, lentils, soy beans, kidney beans • Nuts and seeds • Nut or seed butters (e.g. peanut butter, tahini)
Miscellaneous	<ul style="list-style-type: none"> • All fats including butter, margarine, mayonnaise, oils • Sugar, honey, syrups • Boiled lollies, jubes, chocolate with no fruit, nuts or coconut • Spreads without seeds or skin • Soup made from allowed ingredients, Bonox • Gravy, salt, pepper, dried herbs & spices 	<ul style="list-style-type: none"> • Popcorn • Coconut • Chocolate with nuts and fruit • Chutney and pickles

Should I avoid nuts, seeds and corn?

There is no evidence that nuts, seeds or corn cause a flare of diverticular disease. You can include these as part of a balanced high fibre diet.

What else can I do to help manage my diverticular disease?

- Do physical activity 3-4 times per week.
- Maintain a healthy weight.

Suggest food options

LOW FIBRE DIET	HIGH FIBRE DIET
<p>Breakfast</p> <p>1 Glass strained fruit juice</p> <p>Rice bubbles with milk</p> <p>White toast / bread / crumpets with margarine / butter / honey / jam / vegemite</p> <p>Egg / cheese if desired</p> <p>Lunch</p> <p>Tender meat / chicken / fish / egg / cheese</p> <p>White bread with margarine / butter</p> <p>Tinned fruit with custard or yoghurt</p> <p>Cup of tea / coffee</p> <p>Dinner</p> <p>Soup (made with low fibre ingredients)</p> <p>Tender meat / chicken / fish / egg / cheese</p> <p>Potato (peeled) / white rice / pasta</p> <p>Low fibre vegetables – peeled and well cooked</p> <p>Bowl of plain ice cream</p> <p>Cup of tea / coffee</p> <p>Snacks:</p> <p>Low fibre fruit, yoghurt, milk, cheese & low-fibre crackers</p>	<p>Breakfast</p> <p>Fresh fruit</p> <p>Wholegrain cereal such as porridge, All-Bran™ or muesli with milk</p> <p>Wholegrain toast with spreads</p> <p>Eggs / baked beans if desired</p> <p>Lunch</p> <p>Tender meat / chicken / fish / egg / cheese</p> <p>Multigrain bread with margarine / butter</p> <p>Fresh fruit with custard or yoghurt</p> <p>Cup of tea / coffee</p> <p>Dinner</p> <p>Soup</p> <p>Meat/fish/chicken</p> <p>Jacket potato (with skin)</p> <p>High fibre vegetables</p> <p>Fresh fruit salad and ice cream</p> <p>Snacks:</p> <p>Fruit (fresh or dried), nuts, wholegrain biscuits or muesli bars.</p>

Summary

- Eat a low fibre diet until pain and discomfort settles.
- Gradually increase your fibre intake when you're feeling better.
- Eat a wide variety of foods.

For further information, contact your dietitian or nutritionist: _____