

Low Irritant, High Fibre Diet for Diverticular Disease

Introduction

Diverticular disease is the presence of small “pouches” in the large bowel.

Bowel contents which get trapped in the pouches may cause pain and diarrhoea - this is called diverticulitis.

Changes to your diet can help prevent diverticulitis.

1. Aim to take 8-10 cups of fluid per day. Have a mixture of drinks.
2. Increase your intake of fibre from wholegrain cereal foods such as wholegrain breakfast cereals and wholemeal bread.
3. Foods labelled “Foods to try with caution” can affect some people. Introduce them gradually into your diet or avoid completely if you know they cause your symptoms.

	Foods to Take	Foods to Try With Caution
Vegetables :	Well-cooked mashed root vegetables, green vegetables e.g. cabbage, sprouts, spinach (no stalks), cauliflower, mushrooms, runner beans. Lettuce, tomatoes (without skins & pips) e.g. tinned plum de-seeded tomatoes. Potatoes - all kinds without skin.	Cucumber, radishes, whole tomatoes, peas, lentils, peppers, onions, sweetcorn, beansprouts. all kinds of beans, e.g. broad beans, baked beans. Jacket potatoes.
Fruit:	Stewed, tinned or fresh, fruit skinned and depipped. Fruit juice with no “stringy bits”.	Skins and pips of fruit. Dried fruit, e.g. currants, prunes, sultanas. Raspberries, strawberries, blackcurrants, blueberries, cherries, grapes, gooseberries, rhubarb, coconut.
Meat and fish:	All	
Dairy Produce:	Milk, cheese, plain or flavoured yoghurt, fromage frais, cream, butter, margarine, eggs, ice cream, Milk puddings.	Fruit yoghurts with pips e.g. strawberry/raspberry.
Cereals:	Wholemeal bread, wholemeal flour, wholemeal biscuits e.g. digestive. Wholemeal scones, wholemeal cakes and pastries. Wholemeal cereals, e.g. All Bran, Weetabix, Shredded Wheat, porridge. Wholemeal pasta, brown rice.	Granary bread. Cake/scones/biscuits containing fruit.
Miscellaneous:	Sugar, honey, syrup, jelly, jam & marmalade without pips/seeds, bramble/fruit jelly, lemon curd, chocolate, toffee, sweets, salt, pepper.	Fried foods. Marmalades/jams with seeds, skins and pips. Vinegar, highly seasoned & spiced foods e.g. curry, chilli, chutney, pickles, nuts, peanut butter.
Drinks:	Squash, tea, coffee, Ovaltine, Complan, Oxo, Bovril.	Alcohol
Soup:	Cream or thickened soup.	Whole vegetable soup

Example Meal Plan

Breakfast

Fruit juice
Wholemeal bread or toast with spread
Drink

Snack meal

Tuna sandwich using wholemeal bread
Flavoured yoghurt
Peeled fruit
Drink

Main meal

Cream soup
Meat, Potatoes, Vegetables (from list)
Gravy
Suitable fruit and custard
Glass of water or squash

Between meals and before bed

Drink and snack if required.

Additional drinks can be taken throughout day to achieve a total of 8-10 cups.

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