



COMMUNITY HOSPITALS AND WELLNESS CENTERS

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DIET FOR DIVERTICULAR DISEASE

When diagnosed with diverticular disease, a high fiber, low fat diet is recommended. An increase in fiber consumption should be done GRADUALLY to minimize gastrointestinal discomforts. Fiber intake above 25 grams per day is generally recommended. Lowering the fat in the diet will decrease pressure within the colon. Remember, adequate fluid intake (9 or more cups per day) is essential in establishing better utilization of fiber.

During periods of inflammation, known as diverticulitis, a low residue, high protein diet should be followed. The low residue diet allows the bowel to rest by decreasing the fecal volume while the high protein portion of the diet inhibits contractions within the colon. This diet should be followed for 4-6 weeks.

Some people diagnosed with diverticular disease, especially individuals with a history of diverticulitis, need to restrict nuts, seed and hulls. Ask your doctor whether it is necessary to avoid these foods.

<u>TYPE OF FOOD</u>	<u>LOW RESIDUE & HIGH PROTEIN DIET</u>	<u>HIGH FIBER & LOW FAT DIET</u>	<u>FOODS THAT MAY NEED TO BE RESTRICTED/LIMITED</u>
Grain	Plain white, refined wheat or rye bread; saltine crackers, plain rolls, buns without seeds, plain pancakes & waffles, white rice, noodles, pasta, biscuits, cream of wheat, refined cereals, malt-o-meal	Same as low residue diet, plus: bread, crackers or rolls containing graham or whole grain flour; whole grain & bran cereals, brown or wild rice, oatmeal	Popcorn (can have hull-less popcorn or puffed corn)
Meats	(8 – 10 ounces per day) Roasted, broiled, baked, stewed, pan fried or boiled beef, lamb, poultry, veal, pork, ham, Canadian or turkey bacon, chipped beef, fish or seafood; creamy peanut butter, eggs (not fried).	Same as low residue diet, plus: low-fat frankfurters, low-fat luncheon meats, low-fat smoked meats, low-fat ham; limit whole eggs to 3 times per week (egg whites are not restricted)	Chunky peanut butter

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Vegetables	White potatoes (boiled, roasted, mashed or baked – no skin); tender cooked vegetables, including: beets, carrots, mushrooms, winter squash, pumpkin, asparagus tips, green beans, wax beans, spinach & sweet potatoes (no skin), tomato or vegetable juice, pureed peas, tomato sauce & paste	All vegetables – raw or cooked. Any vegetable juice.	Corn, seeds from any vegetable (can seed tomatoes, cucumbers, etc.)
Fruit	Any fruit juices (except prune), ripe banana, canned & cooked fruits without seeds or skins; any cooked or strained fruit; avocado, peeled, canned apricots	Any fruit juices, all fresh fruits with skin, cooked fruits with skin or dried fruits	Seeds, such as orange, grapefruit & apple; berries (can cut seeds off of strawberries & remove seeds from grapes & sweet cherries)
Milk	Milk (no more than 2 cups daily, including that used in cooking & desserts), plain puddings, ice cream & custard; cottage cheese, mild cheese (limit cheese to 1 serving per day)	Choose low-fat milk & milk products	
Combination Foods	Casseroles, cream or broth soups made with milk and allowed foods	Make items with low-fat ingredients and allowed foods	
Fluids	Carbonated beverages, coffee, decaffeinated coffee, tea, Postum, fruit flavored non-carbonated drinks, clear broth	Same as low residue diet, consume at least 8 cups of fluid a day	
Fats	Butter, margarine, cream, sour cream, vegetable oils, mayonnaise, <u>avoid</u> highly seasoned salad dressings & tartar sauce	Keep intake to minimal amount	
Sweets	Plain cake & cake mixes, gelatin, pie & pastries made from allowed foods, sugar, pure sugar candies, honey, clear jelly, molasses, corn syrup, baking chocolate	Low fat desserts	Desserts made with nuts & seeds
Miscellaneous	Salt, mild spices in moderation; herbs, vinegar, flavoring extracts, mildly seasoned gravies & sauces in moderation	Nothing restricted	Nuts

SAMPLE MENU

	<u>Low residue/high protein</u>	<u>High fiber/low fat</u>
Breakfast	Orange juice Scrambled eggs White toast Margarine/jelly Rice Krispies® Ripe banana Milk (1/2 cup)	Orange Whole-wheat toast Light margarine/jelly All Bran® Low-fat milk
Lunch	Beef & noodles Tender cooked carrots Canned pears Plain dinner roll with margarine Milk (1/2 cup)	Roast beef Baked potato with skin Broccoli Apple Whole-wheat dinner roll with light Margarine Low-fat milk
Supper	Baked chicken Mashed potatoes Cooked green beans White bread Angel food cake with canned peaches Milk (1 cup)	Baked chicken Boiled red potatoes Green beans Garden vegetable salad with low-fat dressing Whole wheat bread Angel food cake with pitted cherries Low-fat milk