

# Diverticulosis & Diverticulitis

Not all people who have diverticulosis have symptoms or get diverticulitis

At least 50% of the population over 50 has diverticulosis

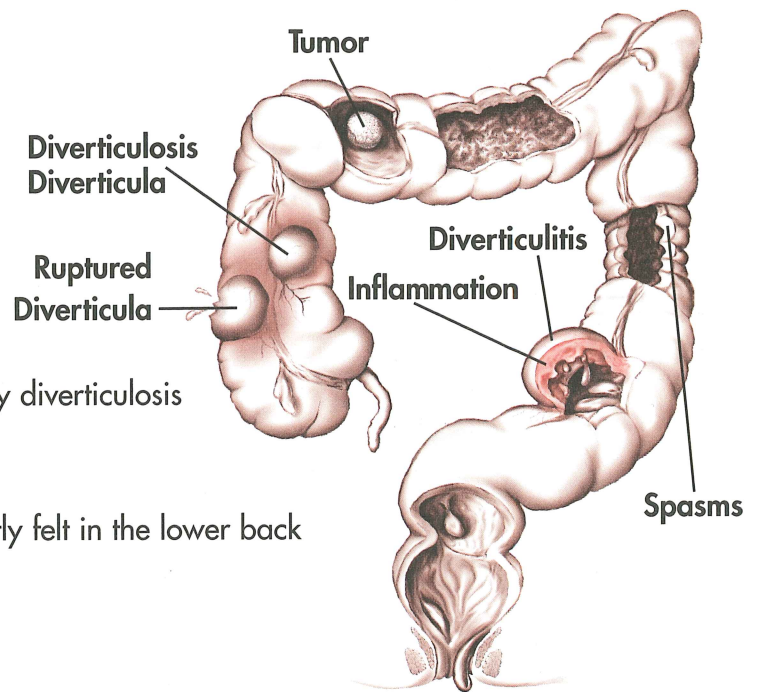
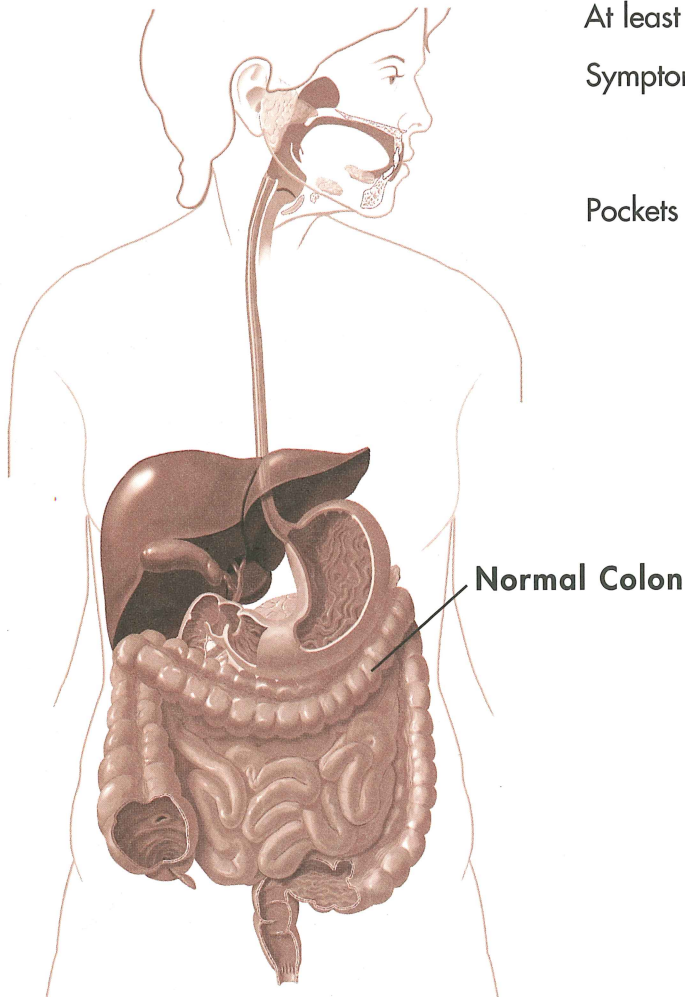
Symptoms can be mild and chronic or acute and severe

## Diverticulosis

Pockets or pouches that form in the wall of the intestine

## Symptoms

- Distention •
- Bloating •
- Spasms •
- Cramping •
- Constipation •
- Pain may follow your meal •
- Bowel movement may relieve pain •
- Alternating diarrhea and constipation •



## Diverticulitis

Inflammation of the pockets and pouches caused by diverticulosis

### Symptoms:

- Abdominal pain on the lower left side, frequently felt in the lower back
- Chills and Fever

### Complications:

- Bleeding – a maroon or dark red blood may appear in your stool or in the toilet
- Obstruction or blockage in the large intestine, which may cause swelling
- Fistulas (connection of tissue between organs &/or skin) can cause infections
- Abscess – area that becomes infected with pus
- Peritonitis – abscess that ruptures and contents spill out into intestine

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## Diverticulosis/Diverticulitis Diet

**Diverticulosis:** Characterized by the formation of pockets in the lining of the large intestine.

**Diverticulitis:** 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 because sudden increases may cause increased formation of gas. In addition, it is best to avoid all nuts and seeds, which could become lodged in the pockets and cause irritation.

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.



### Recommended Foods for Diverticulosis

#### Food Group

#### Amount to Consume Daily

#### High Fiber Foods

Fresh Fruit



2 or more servings

Apples (with skin), oranges, grapefruits, bananas, peaches, pears, plums, cherries, apricots and grapes. Avoid all berries with seeds, preserve with seeds, watermelon seeds and figs

Breads and cereals

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. Avoid wheatberry bread, rye bread (with seeds), sesame, poppy, and sunflower seeds

Vegetables



2 or more servings

Broccoli, brussel sprouts, peas, cabbage, carrots, celery, green beans, potatoes, zucchini, tomatoes (without seeds), onions, and baked beans. Avoid tomato seeds, corn, and popcorn

Miscellaneous

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**Avoid all nuts and chunky peanut butter**

### Recommended Foods for Diverticulitis

#### Food Group

#### Amount to Consume Daily

#### Low Fiber Foods

Fresh Fruit

2 or more servings

Fruit juice, fruit drinks, pureed fruit, cooked fruit (without skin)

Breads and cereals

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, pasta

Vegetables

2 or more servings

Vegetable juice, lettuce, winter squash, tomato sauce, mashed or cooked vegetables or potato

Miscellaneous

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All dairy products, meat, poultry, fish, eggs, broth, cream soup