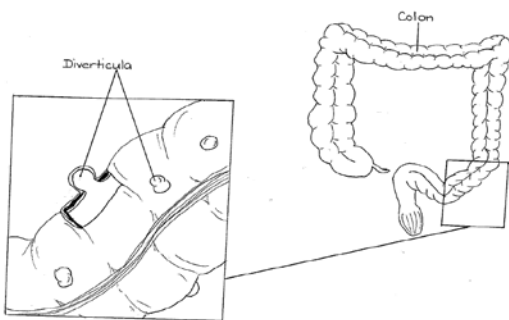


Diet and Diverticular Disease

What is diverticular disease?

Diverticular disease occurs when small pouches develop in the lining of the large bowel. If these pockets become inflamed or infected, this is known as diverticulitis.



Symptoms can include:

- Altered bowel habits - Diarrhoea and/or constipation
- Abdominal pain and bloating
- Bleeding

What causes diverticular disease?

There is not one known clear cause of diverticular disease though it is known that a healthy diet with adequate fibre can help reduce the risk and thought to prevent flare ups from occurring. There is no evidence that nuts and seeds cause a flare of diverticular disease and they can be included as part of a balanced high fibre diet.

What do I eat while I am unwell?

You will need to follow a low fibre diet until your symptoms settle down. This is to minimise irritation to the bowel while it is inflamed. It is not designed to be followed for a long period of time.

Your Doctor has recommended you follow a low fibre diet for:

What do I eat when I have recovered?

When not experiencing symptoms, a high fibre diet is recommended. It is best to gradually increase your fibre intake to allow your bowels to adjust to the change. It is also important that you drink plenty of fluid on a high fibre diet. Please ask if you are unsure about how much to drink.

What is fibre?

Fibre is part of the plant that cannot be digested. Fibre passes through the digestive tract largely unchanged.



What does fibre do?

The role of fibre is to promote healthy bowel function. It adds bulk to the stool and absorbs water to keep it soft, and easy to pass.

Which foods are high in fibre?

- Fresh fruit and vegetables
- Wholegrain breads and cereals
- Nuts and seeds
- Legumes e.g. baked beans, lentils, kidney beans, soy beans

FOOD GROUP	LOW FIBRE FOODS	HIGH FIBRE FOODS
Bread, Cereals, Rice, Pasta, Noodles	<ul style="list-style-type: none"> • White bread/ crumpets/ English muffins • Refined breakfast cereals e.g. <i>Rice Bubbles™</i>, <i>Cornflakes™</i> • White rice/ pasta, sago, tapioca, semolina • White flour, cornflour, custard powder • Plain sweet and savoury biscuits or cakes 	<ul style="list-style-type: none"> • Wholemeal/ wholegrain bread, crumpets, fruit bread/ rye bread • Wholegrain breakfast cereals or any with fruit, nuts or coconut e.g. <i>Muesli</i>, <i>All Bran™</i>, <i>Weetbix™</i> • Oats and oat bran, muesli bars • Brown rice, pasta, maize • Quinoa • Wholemeal flour, wheat germ • Sweet and savoury biscuits or cakes made with wholemeal flour, nuts, dried fruit, coconut or seeds
Vegetables	<p>Ensure all vegetables are peeled and well cooked</p> <ul style="list-style-type: none"> • Potato, sweet potato, pumpkin, carrot and zucchini • Cauliflower and broccoli tips • Tomato and cucumber with skins and seeds removed • Iceberg lettuce (chop and chew well) and button mushrooms • Spring onion (green only) • Well strained vegetable juice • Tomato puree or paste 	<p>Where possible eat the skin when having vegetables</p> <ul style="list-style-type: none"> • All other salad or vegetables

FOOD GROUP	LOW FIBRE FOODS	HIGH FIBRE FOODS
Fruit	<ul style="list-style-type: none"> • melon (no seeds) • Well cooked fruit with no skin or pips • Canned fruits except pineapple, mango and grapes • Well strained fruit juice 	<p>Where possible eat the skin when having fruit</p> <ul style="list-style-type: none"> • All fresh fruit • Dried fruit
Dairy foods	<ul style="list-style-type: none"> • All varieties of milk • Plain yoghurt, custard, vanilla, <i>Fruche™</i>, plain cheese, plain or flavoured ice cream 	<ul style="list-style-type: none"> • Ice cream or gelati containing dried fruit, nuts or coconut • Products containing “chunky fruit” pieces • Flavoured milk with added fibre (Up and Go, Oat Express)
Meat, fish, poultry, eggs, nuts, 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 • Peanut butter
Miscellaneous	<ul style="list-style-type: none"> • All fats including butter, margarine, salad dressings, mayonnaise • Sugar, honey, syrups, ice cream toppings • Boiled lollies, jubes, chocolate with no fruit, nuts or coconut • Spreads without seeds or skin • Soup made from allowed ingredients, <i>Bonox™</i> • Tea, coffee, alcohol 	<ul style="list-style-type: none"> • Popcorn • Coconut • Chocolate with nuts and fruit • Chutney and pickles • Seeds



Suggested Meal Plan

Sample low fibre diet	Sample high fibre diet
<p>Breakfast Cornflakes™ or Rice-bubbles™ milk apple juice white toast, margarine & honey or vegemite OR Eggs with white toast Cup of milk Tinned fruit drained from natural juice</p> <p>Lunch white bread sandwich chicken and cheese filling vanilla yoghurt</p> <p>Dinner grilled steak mashed potato steamed pumpkin (no skin) peeled and cooked carrot ice-cream and tinned peaches</p> <p>Snacks Custard or yoghurt low fibre fruits (rockmelon, water melon), plain biscuits or crackers (e.g., rice crackers or plain cracker biscuits)</p>	<p>Breakfast wholegrain cereal such as porridge, All Bran™ or muesli low fat milk banana wholemeal toast OR Eggs with wholegrain toast Baked beans Fresh fruit (e.g. Apple or pear)</p> <p>Lunch wholemeal or wholegrain sandwich or roll chicken and salad apple fruit yoghurt</p> <p>Dinner grilled steak jacket potato (with skin) broccoli and beans fresh fruit salad and ice cream</p> <p>Snacks Fruit (fresh or dried) nuts wholegrain biscuits muesli bars</p>

For further information contact your Dietitian: _____

