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Diverticular Disease Diet

Diverticulosis occurs when small pouches, known as diverticula, form in the walls of the large intestine or colon. In general, patients with diverticulosis should follow a high-fiber diet to help prevent constipation, which is felt to be one of the major causes of diverticulosis.

Diverticulitis occurs when those pouches, or diverticula, become infected or inflamed. A low-residue diet is recommended during the flare-up periods of diverticulitis to decrease bowel volume so that the infection can heal. An intake of less than 15 grams of fiber per day is generally considered a low residue diet. If you have been on a low-residue diet for an extended period of time, your doctor may recommend a daily multi-vitamin/mineral supplement.

There are several ways to help prevent and manage diverticular disease. Follow a high fiber diet and drink plenty of fluids; this has been shown to decrease the pressure in your colon, help soften stools and promote regular bowel habits.