

Diverticulitis diet

A diverticulitis diet can't treat and prevent diverticulitis. Instead, a diverticulitis diet may help you feel better while your doctor treats your condition with other therapies, such as antibiotics.

Diverticulitis occurs when small, bulging pouches (diverticula) in your digestive tract become infected and inflamed. A diverticulitis diet, which includes clear liquids and low-fiber foods, gives your digestive tract time to rest during your diverticulitis treatment.

Diverticulitis diet during an attack

During an attack of diverticulitis, your doctor may recommend that you stick to a clear liquid diet for 2-3 days.

Food and beverages allowed on a clear liquid diet include:

- Broth
- Clear soda
- Fruit juices without pulp
- Ice chips
- Ice pops without bits of fruit or fruit pulp
- Plain gelatin
- Plain water
- Tea or coffee without cream

Diverticulitis diet once signs and symptoms begin to resolve

As you start feeling better, your doctor will recommend that you slowly introduce low-fiber foods.

Low-fiber foods include:

- Canned fruits
- Desserts without seeds or nuts
- Eggs
- Enriched white bread
- Fruit juice with little or no pulp
- Low-fiber cereals
- Milk
- Yogurt or cheese without seeds or nuts
- Smooth peanut butter
- Tender meat, poultry and fish
- White rice or plain pasta, noodles or macaroni
- Well-cooked vegetables without seeds or skins

Diverticulitis diet after an attack

If you're no longer experiencing diverticulitis, your doctor may recommend you eat a high-fiber diet. Slowly increase the amount of fiber in your diet.

High-fiber foods include:

- Brown rice
- Fruits
- Legumes, such as lentils and dried beans
- Whole-grain breads, such as whole wheat, rye and bran
- Whole-grain cereals that include wheat, bran or oats
- Wild rice
- Vegetables