



## Diverticulosis and Diverticulitis

### ***Diverticulosis***

Diverticulosis is a condition that results from the formation of pockets throughout the inner layer of the small intestine. It has been found that diverticulosis may result from a diet low in fiber and/or decreased strength of the small intestinal wall as you age.

To decrease discomfort with diverticulosis:

- Increase consumption of foods high in fiber, such as fruits and vegetables (keeping the skin on increases the fiber content), legumes (beans, peas, lentils) and whole-grain cereals.
- Increase your fluid intake.

### ***Diverticulitis***

Diverticulitis is an inflammation or "flare-up" of the diverticula (small pockets that form in the intestinal wall).

To decrease discomfort with diverticulitis:

- Avoid raw fruits and vegetables, whole-grain breads and cereals, nuts, seeds, legumes, pulp, coconut, dried fruit, berries, dried beans, peas and lentils, sauerkraut and popcorn.
- Choose cooked or pureed fruits and vegetables, refined breads, cereals and cereal products, fruit or vegetable juices, fruits or vegetables without skins or seeds, tender or ground meats, low-fat milk products, eggs, low-fat cheeses, broth or cream soups with cooked vegetables, white rice and refined pasta.
- Once the inflammation resolves, resume a high fiber diet.