

Diverticular Disease

Diverticular Disease

- Includes two very different conditions - diverticulosis and diverticulitis.

Diverticula

- Small pouches that form in the wall of the intestinal tract.
- Develop when weak spots in your colon give way under pressure. This causes pouches to protrude through the colon wall.
- Many people are unaware of these pouches since they seldom cause problems.

Diverticulosis

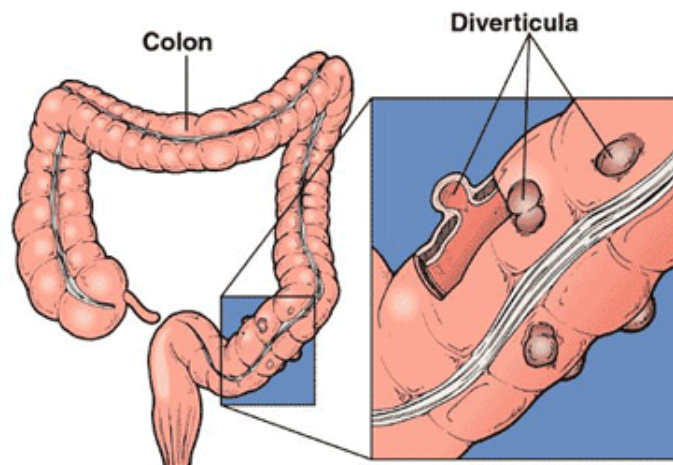
- The diverticula do not cause any symptoms.

Diverticulitis

- The pouches become inflamed and infected.
- Symptoms might include abdominal pain or tenderness, fever, nausea, vomiting and/or rectal bleeding.

Diet




- No particular food has been found to trigger diverticulitis.
- No special diet has been proven to prevent attacks.
- However, some diet strategies reduce your risk of diverticular disease. The strongest piece of dietary advice is to follow a diet high in fibre.



Nutrition for *Diverticulitis*



Follow this low fibre diet when you are feeling **unwell**

Follow these guidelines until you are feeling better or for _____ weeks.
Fibre should be slowly added to the diet when you start to feel better.

Food Group	Foods Recommended	Foods to Avoid
Milk products	All	None
Breads and cereals 	<ul style="list-style-type: none"> • All made from white, refined flours • Breads / Rolls - white • Crackers – plain and refined types such as soda or rice • Cereals – plain and refined types such as Rice Krispies®, Special K®, Corn Flakes®, puffed rice, cream of wheat • Pasta – white • Rice - white 	<ul style="list-style-type: none"> • Products made from whole grains • Products with nuts, seeds, or dried fruit • Breads / Rolls /Crackers made with whole grains • Cereals – bran, whole grain cereals, granola types with nuts or dried fruit. • Pasta - whole grain • Rice - brown or wild
Meats and alternatives	All meat, fish, poultry, cheese and eggs	Legumes (lentils, dried beans, peas, soybeans), nuts and seeds
Fruits	<ul style="list-style-type: none"> • Fruit juice (except prune), • <u>Canned</u> fruit or applesauce • Banana • <u>Peeled</u> apple or pear • <u>Melons</u> - cantaloupe, honey dew 	<ul style="list-style-type: none"> • Prune juice, prunes, • Dried fruit • Fresh fruit with skins and seeds • Rhubarb • Berries
Vegetables	<ul style="list-style-type: none"> • Vegetable Juices • Tomato sauces and paste • Cooked vegetables such as carrots, potatoes, parsnip, squash, beets, green or wax beans 	<ul style="list-style-type: none"> • Raw vegetables • Vegetable skins such as potato • Stringy types like asparagus or celery • Fibrous types like broccoli, Brussels sprouts, cabbage, corn, cauliflower, cucumber, lettuce, eggplant, peppers, radishes, spinach, mushrooms, peas, turnip
Desserts	Plain cakes or cookies, Jell-O, ice cream, milk puddings, mousse, or sherbet	Desserts made with nuts, seeds, or dried fruit
Other	<ul style="list-style-type: none"> • Smooth peanut butter • Plain candies, chocolate • Jelly, honey, syrup 	<ul style="list-style-type: none"> • Crunchy peanut butter • Coconut • Olives, pickles • Popcorn, • Candies made with nuts or dried fruits • Jam, marmalade 

Nutrition for *Diverticulosis*



Follow these guidelines when you are *feeling well*.

- Eat plenty of high fibre foods.
 - Whole grain breads, crackers, pasta, and cereals
 - Brown / wild rice
 - Legumes - chickpeas, lentils, split peas and beans (baked, black, kidney etc.)
 - Fruits and vegetables
 - Increase your fibre intake slowly. Adding too much fibre at one time can lead to abdominal bloating, gas and cramping.
 - Drink plenty of fluids to help keep your stools soft. Without fluids, fibre does not work properly. Drink 6 to 8 cups (1.5 – 2 litres) daily.
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- In terms of bowel function - the goal is regular bowel movements that are soft, bulky and easy to pass.
 - Respond to bowel urges promptly. Delaying bowel movements leads to harder stools that require more force to pass and increase the pressure within your colon.
 - Exercise regularly – Health Canada recommends 30 to 60 minutes of moderate activity most days of the week. Exercise helps promote normal bowel function and may help lower the risk of diverticular disease.
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- Fibre supplements such as psyllium (Metamucil), methylcellulose (Citrucel) or wheat bran can help boost your overall fibre intake if you are not getting enough fibre from your foods alone. Also, the medication laxaday can help manage bowel frequency and softness. Discuss with your doctor.
 - Contrary to previous advice, there is no need to avoid nuts, seeds, corn, and popcorn. Similarly, the seeds in tomatoes, zucchini, cucumbers, strawberries, and raspberries are considered safe. And consuming these foods will increase your intake of dietary fibre which is a very good thing.
 - Some evidence suggests large amounts of red meat may increase the risk of diverticular disease. Try for a variety of protein sources such as poultry, fish, tofu, and dried peas, beans and lentils.
 - Probiotics may play a role in diverticular disease prevention by reducing inflammation but more research is needed.
 - If increasing your intake of fibre causes diarrhea, abdominal discomfort or bowel urgency, make changes very slowly. People differ in the amounts and types of foods they can tolerate. Keeping a food diary may help identify which foods cause you symptoms.

Fibre Intake Guidelines

Men	19-50 years	38 g/day
Men	>50 years	30 g/day
Women	19-50 years	25 g/day
Women	>50 years	21 g/day

Fibre Content of Common Foods

Very High Source (>6 grams/serving)	Serving
<ul style="list-style-type: none"> • High fibre cereals e.g. All Bran®, Bran Buds®, 100% Bran® • Legumes - dried peas, lentils and beans (e.g. kidney, lima baked) • green peas • Dates, dried 	<ul style="list-style-type: none"> ¾ cup / 175 mLs 1 cup / 250 mLs 1 cup / 250 mLs 4 large
High Source (4-6 grams/serving)	
<ul style="list-style-type: none"> • Pear with skin • Figs, dried • Prunes • Apricots, dried • Raspberries, blueberries or blackberries • Pasta - whole wheat • Barley • Brussels sprouts • Bran Flakes®, Corn Bran®, Raisin Bran® 	<ul style="list-style-type: none"> 1 medium 5 7 8 ½ cup / 125 mLs 1 cup / 250 mLs 1 cup / 250 mLs ¾ cup / 175 mLs ¾ cup / 175 mLs
	
Source (2-4 grams/serving)	
<ul style="list-style-type: none"> • Whole grain bread • Whole wheat or whole grain English muffin • Whole wheat or whole grain pita bread • Oatmeal • Ground flaxseed • Brown rice • Quinoa • Baked potato or sweet potato with skin • Nuts (almonds, walnuts, peanuts) • Peanut butter or Almond butter • Sesame seeds • Orange, banana, kiwi, nectarine, peach, apple with skin • Strawberries • Most vegetables 	<ul style="list-style-type: none"> 1 slice 1 muffin ½ pita 1 packet 1 tbsp / 15 mLs 1 cup / 250 mLs ½ cup / 125 mLs 1 medium 2 tbsp / 30 mLs 2 tbsp / 30 mLs 2 tbsp / 30 mLs 1 medium 1 cup / 250 mLs ½ cup / 125 mLs
	

Label Reading Your Way to a HIGHER Fibre Diet

Use the Nutrition Facts Table

This product has 2 grams of fibre per 125 ml serving.

Nutrition Facts	
Per 125 mL (87 g)*	
Amount	% Daily Value**
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

Look at the % daily value.

- Foods with a Daily Value of 5% or less contain a little amount of fibre.
- Foods with a Daily Value of 15% or more contain a lot of fibre.

This product has 8% of your daily value of fibre per 125 ml serving.

Fibre Food Labels Claims

- Source of fibre 2 grams of fibre or more per serving
- High Source of fibre 4 grams of fibre or more per serving
- Very High source of fibre 6 grams of fibre or more per serving
- More fibre / higher in fibre at least 25% more fibre than the original product

Registered Dietitian _____

905-378-4647 ext. _____

