



## DIVERTICULOSIS DIET PRINCIPLES

- During painful episodes of Diverticulitis, avoid excessive amounts of nuts, peanuts, crunchy peanut butter, popcorn and seeds (such as sunflower, sesame, caraway, poppy seeds, tomato seeds, cucumber seeds, etc.)
- Increase dietary fiber (Metamucil / Citracel / Fiber Con)
- Drink at least 8-10 cups of fluid each day.
- Daily Bran Cereals “Fiber One” or “All Bran” or “Raisin Bran”.

### FOODS TO INCREASE FIBER

Whole grain breads  
Whole grain crackers and muffins  
Dry or cooked cereals made from wheat, bran or oats  
Unprocessed bran, bran wafers, bran muffins  
Fresh, frozen, canned or dried fruit  
Fresh, frozen or canned vegetables  
Legumes such as dried beans, dried peas and lentils

### *Sample Menu*

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Breakfast: Citrus sections, Bran cereal, Milk or Rice Milk substitutes  
Whole wheat toast, Margarine, Honey, Coffee or Tea

Lunch: Creamy peanut butter & jelly sandwich on whole wheat bread, carrot sticks,  
Fresh fruit, Coffee, Tea or Milk

Dinner: Baked chicken, Broccoli with lemon, Baked potato, sour cream, chives,  
Green salad & dressing, Oatmeal cookies (no nuts) / Bran muffin,  
Coffee, Tea or Milk

\*Note: Most salads (lettuce, cabbage, etc.) have little insoluble fiber (roughage) but they are still good for you!