**Low Irritant, High Fibre Diet for Diverticular Disease**

**Introduction**

Diverticular disease is the presence of small “pouches” in the large bowel.

Bowel contents which get trapped in the pouches may cause pain and diarrhoea - this is called diverticulitis.

Changes to your diet can help prevent diverticulitis.

1. Aim to take 8-10 cups of fluid per day. Have a mixture of drinks.
2. Increase your intake of fibre from wholegrain cereal foods such as wholegrain breakfast cereals and wholemeal bread.
3. Foods labelled “Foods to try with caution” can affect some people. Introduce them gradually into your diet or avoid completely if you know they cause your symptoms.

<table>
<thead>
<tr>
<th>Foods to Take</th>
<th>Foods to Try With Caution</th>
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<tbody>
<tr>
<td><strong>Vegetables:</strong></td>
<td>Well-cooked mashed root vegetables, green vegetables e.g. cabbage, sprouts, spinach (no stalks), cauliflower, mushrooms, runner beans. Lettuce, tomatoes (without skins &amp; pips) e.g. tinned plum de-seeded tomatoes. Potatoes - all kinds without skin.</td>
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<tr>
<td><strong>Fruit:</strong></td>
<td>Stewed, tinned or fresh, fruit skinned and depipped. Fruit juice with no “stringy bits”.</td>
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<td><strong>Meat and fish:</strong></td>
<td>All</td>
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<tr>
<td><strong>Dairy Produce:</strong></td>
<td>Milk, cheese, plain or flavoured yoghurt, fromage frais, cream, butter, margarine, eggs, ice cream, Milk puddings.</td>
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<td><strong>Cereals:</strong></td>
<td>Wholemeal bread, wholemeal flour, wholemeal biscuits e.g. digestive. Wholemeal scones, wholemeal cakes and pastries. Wholemeal cereals, e.g. All Bran, Weetabix, Shredded Wheat, porridge. Wholemeal pasta, brown rice.</td>
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<td><strong>Miscellaneous:</strong></td>
<td>Sugar, honey, syrup, jelly, jam &amp; marmalade without pips/seeds, bramble/fruit jelly, lemon curd, chocolate, toffee, sweets, salt, pepper.</td>
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<td><strong>Drinks:</strong></td>
<td>Squash, tea, coffee, Ovaltine, Complan, Oxo, Bovril.</td>
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<td><strong>Soup:</strong></td>
<td>Cream or thickened soup.</td>
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Example Meal Plan

Breakfast
Fruit juice
Wholemeal bread or toast with spread
Drink

Snack meal
Tuna sandwich using wholemeal bread
Flavoured yoghurt
Peeled fruit
Drink

Main meal
Cream soup
Meat, Potatoes, Vegetables (from list)
Gravy
Suitable fruit and custard
Glass of water or squash

Between meals and before bed
Drink and snack if required.

Additional drinks can be taken throughout day to achieve a total of 8-10 cups.