

Diverticulitis: Progressing From a Low- to High-Fiber Diet

This advice will help you progress from a low-fiber diet to a high-fiber diet following a bout of diverticulitis.

Follow your physician's instructions

Do not advance to a high-fiber diet until your physician tells you that it is OK to do so.

Drink fluids

Make sure to drink at least 8 cups (C) of fluid each day while increasing your fiber intake.

Start slowly

Increase your fiber intake gradually.

Mix your cereal

Mix a small amount of high-fiber cereal, such as raisin bran or oatmeal, into a lower-fiber cereal, such as corn flakes or rice puffs. Slowly increase the proportion of high-fiber cereal every few days.

Eat fresh fruits and vegetables

Start by trying to have two servings of fresh fruits and one serving of fresh vegetables each day. Slowly advance from canned fruits to eating mostly fresh fruits and vegetables by adding one serving/day every week as tolerated. You may want to mix some fresh fruit into canned fruit at the beginning.

Remember that we now know that you do not need to avoid seeds, such as those found in strawberries. Your final goal is to consume at least 2 C of fresh fruit and 2½ C of fresh vegetables each day.

Consume beans, peas, or lentils

Once you are tolerating high-fiber cereal and fresh produce, try to eat a ½ C of dried beans, peas, or lentils each day. If you cannot tolerate this, try to eat them at least two times a week and gradually increase your intake.

Add some wheat germ

Try sprinkling a small amount of wheat germ into your yogurt, cereal, or fruit salad.

Eat whole-wheat bread

Eat one slice of whole-wheat bread each day. Once you are tolerating this, progress to eating two or three slices each day.

Include nuts in your diet

Eat several small servings of nuts each week.

Go half and half with your pasta

Make half of your pasta whole grain.

Use some whole-wheat flour

Replace one third of the all-purpose flour called for in recipes with whole-wheat flour.

Consider using a psyllium-based fiber product

Once you have adjusted to the high-fiber diet, you may want to add a serving of a psyllium-based fiber product, such as Metamucil[®], into your daily menu.

Prevent flares of diverticulitis

Eating a high-fiber diet when you have diverticulosis prevents flares of diverticulitis.

Think about probiotics

Some people with diverticulosis have had positive results from consuming probiotic-enriched foods occasionally. Look for yogurt that is labeled “contains live and active cultures.”

Review Date 7/10

G-1358