

## **High Fiber Diet for Diverticulosis**

Diverticulosis in the colon is a condition where segments of the colon pushes out into pouches called diverticula. Symptoms if any may include abdominal cramps and constipation. Talk to your doctor if you have symptoms.

Diverticulosis may develop from not eating enough fiber (*a component of complex carbohydrates that the body cannot digest, is found in plant based foods such as beans, lentils, fruits, vegetables and whole grains*). More studies are needed to confirm this.

Fiber keeps stools soft and bulky, which makes it easier to go through the colon. When there is not enough fiber coming into the diet, stools become hard and could be difficult to pass. This puts pressure on the walls of the colon, which then may give out to form diverticula.

A high fiber diet is still overall recommended to reduce risk of diverticulosis as well as diverticulitis (inflamed diverticula) that may develop from diverticulosis.

### **Tips:**

- **Eat 30-35 grams of fiber daily.** Spread out the fiber throughout your meals.
- Include whole grains into your diet daily (bran, whole wheat, rye, oats, etc). Read food labels and look for food choices that stated to be made with whole grain
- Add brown rice, quinoa to your meals
- Include beans and lentils to your casseroles, salads or soups
- Eat colorful fresh fruits and vegetables daily instead of fruit/vegetable juices

### **Also...**

- Drink plenty of fluids along with a high fiber diet to help fiber pass easily through the body. Aim to drink at least 8 cups per day.
- There is no scientific data to support that you need to avoid nuts, seeds or popcorn. Eat as tolerated.

**Fiber Content of Foods** (grams of fiber rounded to the nearest value)

| <b>Food Item</b>  | <b>Grams of Fiber</b> | <b>Food Item</b>  | <b>Grams of Fiber</b> |
|---|-----------------------|---|-----------------------|
| <b>Foods with 4 grams of fiber or more per serving (high fiber)</b> |                       | <b>Foods with 2-3 grams of fiber per serving (moderate fiber)</b> |                       |
| ½ cup Fiber One cereal  | 14                    | 1 cup Cheerios cereal   | 3                     |
| 1 cooked whole artichoke  | 10                    | ½ cup whole wheat pasta   | 3                     |
| ½ cup navy beans  | 9                     | 1 oat bran muffin   | 3                     |
| ½ cup cooked lentils  | 8                     | 1 Tbsp ground flax seeds  | 3                     |
| ½ cup split peas  | 8                     | 1 oz almonds, pistachios, pecans, walnuts                         | 3                     |
| ½ cup black beans, kidney beans, pinto beans                        | 7                     | ½ cup squash (any)  | 3                     |
| 1 cup Raisin Bran cereal  | 7                     | ½ cup barley  | 3                     |
| 1 cup Shredded Wheat cereal   | 6                     | 1 cup eggplant  | 3                     |
| ½ cup white beans, lima beans                                       | 6                     | 1 cup beets (canned)  | 3                     |
| 1 cup papaya  | 6                     | 3 dried dates, 10 dried apricots, ½ cup raisins                   | 3                     |
| ½ cup baked beans, soybeans, garbanzo beans                         | 5                     | 1 orange (2 ½ inch)   | 3                     |
| 1 medium sweet potato (with skin)                                   | 5                     | 1 banana  | 3                     |
| ½ cup quinoa  | 5                     | 1 cup melon   | 3                     |
| ½ cup Grape Nuts cereal   | 5                     | ½ grapefruit  | 3                     |
| 1 cup cooked greens (spinach, kale, collards, turnip greens)        | 5                     | 1 cup canned peaches  | 3                     |
| 1 pear (with skin)  | 5                     | 1 cup applesauce  | 3                     |
| 1 medium potato (with skin)   | 4                     | 4 whole wheat crackers  | 2                     |
| 1 cup cooked oatmeal  | 4                     | 1 slice whole wheat, pumpernickel, rye bread                      | 2                     |
| 1 whole wheat English muffin  | 4                     | ½ cup broccoli, brussel sprouts, cauliflower, carrots, corn, okra | 2                     |
| 1 cup cooked brown or wild rice                                     | 4                     | 1 fresh or dried fig  | 2                     |
| 3 cup popcorn   | 4                     | 1 medium kiwi   | 2                     |
| 1 cup green beans   | 4                     | 1 cup fresh pineapple   | 2                     |
| ½ cup cooked green peas   | 4                     | ½ cup blueberries   | 2                     |
| ½ cup blackberries or raspberries                                   | 4                     | ½ cup canned pears, apricots                                      | 2                     |
| ½ cup canned pumpkin  | 4                     | 1 cup prune juice   | 2                     |

## Sample 1 Day Menu

| Meal             | Food Choices   | Dietary Fiber                      |
|------------------|--|------------------------------------|
| <b>Breakfast</b> | ½ cup raisin bran cereal with 1 cup skim milk<br>½ cup orange juice with pulp<br>1 cup coffee  | 3 grams                            |
| <b>Lunch</b>     | 1½ cups chili made with ½ cup kidney beans and ¼ cup soy crumbles per serving and topped with 2 TBSP shredded cheese<br>4 whole wheat crackers<br>½ cup up fresh pineapple<br>1 cup lemonade | 11 grams<br><br>2 grams<br>1 grams |
| <b>Snack</b>     | 8 oz low fat vanilla yogurt<br>2 cups water  |                                    |
| <b>Dinner</b>    | 2 cups mixed fresh vegetables, with 2 ounces sliced chicken and 1 ounce firm tofu<br>1 cup jasmine brown rice<br>½ cup fresh blueberries with ½ vanilla low fat ice cream<br>1 cup hot tea   | 6 grams<br><br>4 grams<br>2 grams  |
| <b>Snack</b>     | 1 oz almonds<br>1 cup hot chocolate  | 3 grams                            |

### Nutrient Analysis:

Calories: 1,845 kcal  
 Protein: 77 grams (17% of calories)  
 Carbohydrate: 324 grams (68% of calories)  
 Fat: 31 grams (15% of calories)  
 Cholesterol: 79 mg  
 Sodium: 2,200 mg  
 Fiber: 31 grams

### Resources:

*"Low Residue Diet in Diverticular Disease: Putting an End to a Myth"*  
 Nutrition in Clinical Practice April 2011

*"Diverticular Disease: Evidence for Dietary Intervention?"*  
 Nutrition Issues in Gastroenterology (in Journal of Practical Gastroenterology) February 2007

*"Fiber Content of Foods"* Nutrition Care Manual from the Academy of Nutrition and Dietetics

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 Direct inquiries to Digestive Health Center at Stanford Hospital and Clinics

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