

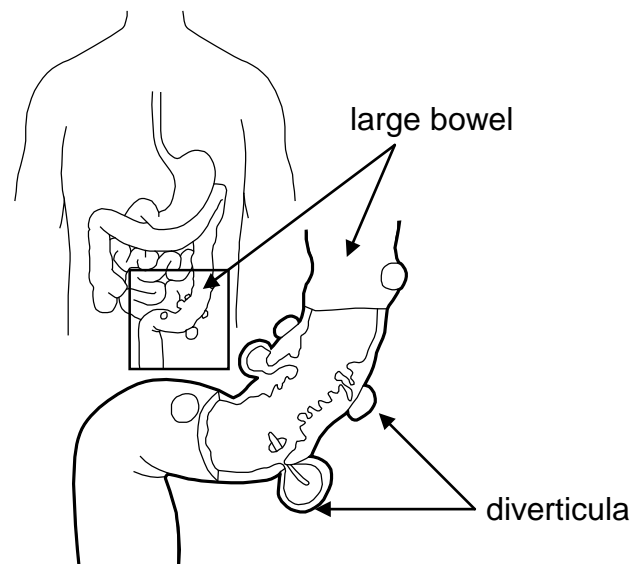
## What to eat when you have diverticulitis

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### What is diverticulitis?

Diverticulitis is an infection or inflammation of small bulging pouches, called diverticula, found in the large bowel.

Sometimes stool or bacteria gets trapped in these pouches causing a sudden attack of severe abdominal pain which can mean a short stay in the hospital.



### What can I eat?

1. Until your symptoms have improved, your doctor may recommend a low fibre/low residue diet. This will help your infection clear up and let your large bowel rest.

Refer to the “**Foods to enjoy when eating a low-residue diet**” handout to answer your questions about what types of foods you can eat.

2. Once your symptoms have improved, your doctor may recommend a high fibre diet. Adding more fibre to your diet may help reduce the chances of developing symptoms or other complications of diverticulitis in the future.

It is a common belief that when you have diverticular disease, you should avoid eating nuts, seeds and corn. However, eating more of these foods can reduce the chance of developing diverticulitis and its related complications.

Adding more fibre to your diet will add bulk to the stool making it softer and easier to pass through the large bowel.

Refer to the “**Eating more fibre**” handout to find out how to increase the amount of fibre in your diet.

## Resources

Here are some helpful websites:



- Canadian Society of Intestinal Research (CSIR)  
1-866-600-4875  
[www.badgut.com](http://www.badgut.com)
- Dietitians of Canada  
[www.dietitians.ca](http://www.dietitians.ca)  
and search for “increasing your fibre intake”
- National Digestive Diseases Information Clearing House (NDDIC)  
<http://digestive.niddk.nih.gov/ddiseases/pubs/diverticular/index.aspx>

For more information contact your registered dietitian, dietetic assistant or doctor.