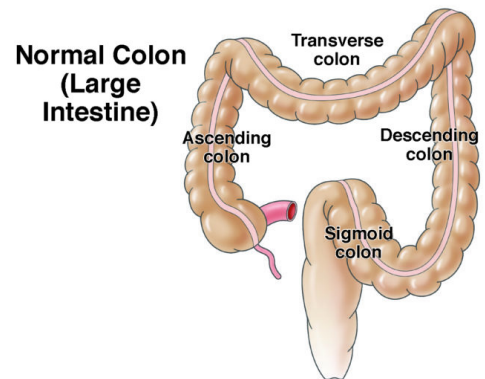


# Diverticular Disease

Diverticular disease is a condition that affects the digestive tract. It occurs when small pockets or pouches, known as diverticula, form in the walls of your intestines, particularly the colon. These pockets can lead to two main health issues: Diverticulosis and Diverticulitis. It's important to know the difference between these conditions and how to manage them.

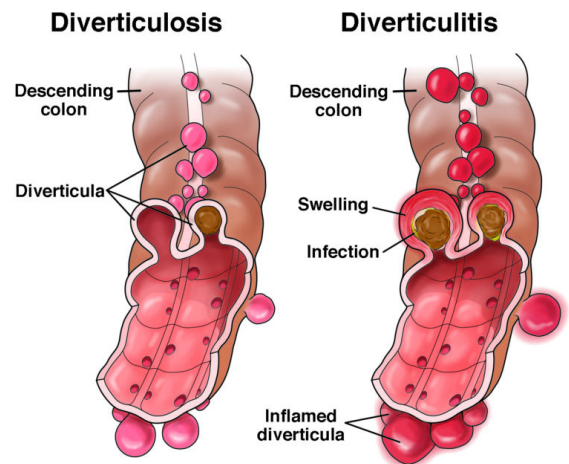


## Diverticulosis

Diverticulosis refers to having these pockets in the colon without any symptoms. It may be diagnosed on a colonoscopy or CT scan. Most people with diverticulosis are unaware of it. A high-fiber diet helps prevent constipation, which can lead to more diverticulosis and complications like infection (diverticulitis).

## Diverticulitis

Diverticulitis happens when these pockets become inflamed or infected, leading to symptoms like abdominal pain, fever, and nausea. This condition requires medical attention, such as possible antibiotics, dietary adjustments, and rarely surgery. If you think you might have a flare of diverticulitis, you should let your doctor know immediately.



## What Should I Eat?

Condition	Recommended Foods
Diverticulosis	<ul style="list-style-type: none"> <li>• <b>High-Fiber Foods:</b> Fruits (apples, pears, bananas), vegetables (carrots, peas, spinach), whole grains (brown rice, quinoa, whole wheat bread), beans and legumes. Nuts, seeds, and popcorn are ok!</li> <li>• <b>Fiber Supplements:</b> Psyllium (Metamucil), wheat dextrin (Benefiber) daily to prevent worsening of diverticulosis.</li> </ul>
Diverticulitis	<ul style="list-style-type: none"> <li>• <b>Only do a special diet if you have been diagnosed with a flare of diverticulitis by your clinician</b></li> <li>• <b>Clear Liquid Diet</b> (at start of flare): Broths, apple juice, ice pops, gelatin.</li> <li>• <b>Low-Fiber Foods</b> (as symptoms improve): Cooked fruits and vegetables without skin or seeds (applesauce, green beans), eggs, fish, poultry.</li> </ul>