## Diverticulosis / Diverticulitis

Inflammation or infection of small pouches called diverticula that develop along the walls of the intestines. The formation of the pouches themselves is a relatively benign condition known as diverticulosis.

### High Fiber Diet

- Nuts and seeds: peanuts, popcorn (See Worse Foods)
- Baked goods: bran muffins, whole wheat bread
- Cereals: shredded wheat and corn bran
- Dried fruit: prunes, raisins
- Fruit: raspberries, blackberries, avocados, pears, and apples (with skin)
- Grains: bran flakes, whole wheat pasta, pearled barley, oatmeal, brown rice
- Legumes: split peas, lentils, black beans, lima beans
- Vegetables: artichokes, peas, broccoli, brussels sprouts, carrots

### Everyday Health

#### Diet for Diverticulitis (flare up)

- Broth
- Ice Pops
- Juice
- Water

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### Best Foods

- Dairy products
- Fried foods
- Gassy Foods
- Processed foods
- Sugar

### Worse Foods

- Mixed reviews on whether the following should be avoided - May want to avoid during flare up or take out of diet if problematic:
  - Nuts
  - Popcorn
  - Sunflower, pumpkin, caraway, sesame seeds

### Supplements, Herbs, Spices or Foods containing

- Alfalfa
- Aloe vera
- Cayenne
- Chamomile
- Glucomannan
- Goldenseal
- Papaya
- Pau d’arco
- Psyllium (Metamucil, Konsyl)
- Red clover
- Slippery elm bark
- Yarrow extract