

Lost Temple Fitness

Diverticulosis / Diverticulitis	Best Foods	Worse Foods	Supplements, Herbs, Spices or Foods containing
<p>High Fiber Diet</p> <p>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.</p>	<p>?? Nuts and seeds: peanuts, popcorn (See Worse Foods)</p> <p>Baked goods: bran muffins, whole wheat bread</p> <p>Cereals: shredded wheat and corn bran</p> <p>Dried fruit: prunes, raisins</p> <p>Fruit: raspberries, blackberries, avocados, pears, and apples (with skin)</p> <p>Grains: bran flakes, whole wheat pasta, pearled barley, oatmeal, brown rice</p> <p>Legumes: split peas, lentils, black beans, lima beans</p> <p>Vegetables: artichokes, peas, broccoli, brussels sprouts, carrots</p> <p><i>Everyday Health</i></p> <p>Diet for Diverticulitis (flare up)</p> <p>Broth</p> <p>Ice Pops</p> <p>Juice</p> <p>Water</p>	<p>Dairy products</p> <p>Fried foods</p> <p>Gassy Foods</p> <p>Processed foods</p> <p>Sugar</p> <p><i>Mixed reviews on whether the following should be avoided - May want to avoid during flare up or take out of diet if problematic:</i></p> <p>Nuts</p> <p>Popcorn</p> <p>Sunflower, pumpkin, caraway, sesame seeds</p>	<p>Alfalfa</p> <p>Aloe vera</p> <p>Cayenne</p> <p>Chamomile</p> <p>Glucomannan</p> <p>Goldenseal</p> <p>Papaya</p> <p>Pau d'arco</p> <p>Psyllium (Metamucil, Konsyl)</p> <p>Red clover</p> <p>Slippery elm bark</p> <p>Yarrow extract</p>