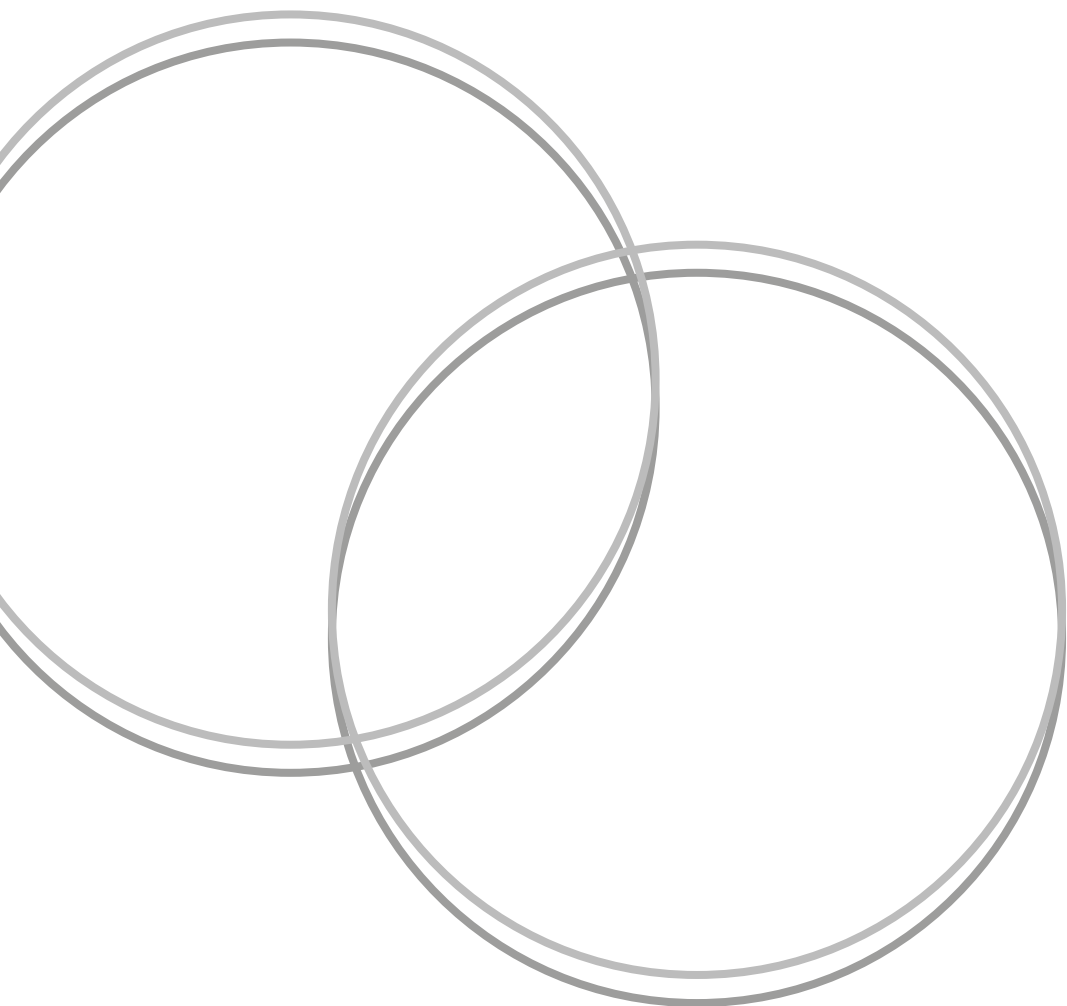


Diet and Diverticular disease

Information for patients



What is diverticular disease?

Diverticular disease is a condition in which small pouches develop in the lining of the large bowel. If these pockets become inflamed or infected (i.e. a flare), this is known as Diverticulitis. The condition becomes more common as you get older. Symptoms may include constipation, diarrhoea, bloating, pain in your stomach, and/or rectal bleeding or mucus.

What causes it?

There is no one clear cause of diverticular disease. A healthy diet with adequate fibre may help reduce the risk and prevent flare-ups from occurring. Fibre is the part of plant foods that cannot be digested and passes through your gut unchanged. Fibre promotes healthy bowel function by adding bulk to the stool and absorbs water to keep it soft and easy to pass.

In addition, being physically active, maintaining a healthy weight and limiting the amount of red meat you eat can lower your risk.

What do I eat when I am unwell?

It is recommended that you follow a lower fibre diet while your large bowel is inflamed and you are experiencing the above symptoms. This reduces irritation to the bowel and allows the pain and discomfort to settle. It is not designed to be followed for an extended period of time as fibre remains an important part of a balanced diet and helps you maintain healthy bowel function. See the table below for low fibre options.

If you experience weight loss or are struggling with maintaining food and fluid intake when feeling unwell please speak to your Dietitian to reduce your risk of malnutrition.

What do I eat when I am feeling better?

A healthy diet with adequate fibre is recommended. Once the inflammation has reduced in your large bowel and your symptoms have settled you can increase fibre gradually to allow your bowels to adjust to the change. See the table below for higher fibre options in addition to the lower fibre foods already in your diet.

Make sure you drink plenty of fluids on a high fibre diet. Aim to have 6 to 8 cups (1.5 to 2 litres) of fluid each day. Reliable sources of fluid include water, decaffeinated tea and coffee, juice, sugar free squash, and soup (maximum of 150ml per day).

Should I avoid nuts and seeds?

Some healthcare professionals recommend people with diverticular disease avoid seeds, nuts, corn, popcorn and tomatoes. However, there is no evidence that this is needed or helpful when you are feeling well. They can be included as part of a balanced high fibre diet.

Bread and Cereals

High fibre foods	Lower fibre foods
Wolemeal /Granary Bread, Added Fibre White Breadwholemeal Flour, Wholegrain Or Granary Flour, Bran, Chickpea Flour, Cornmea	White bread
Wholegrain, Wholemeal And Bran Cereals E.G. Branflakes®, All Bran®, weetabix®, Muesli, Shredded Wheat®, Porridge Oats, Ready Brek®, Fruit N Fibre®, Sul-tana Bran®, Granola, Cheerios®	White flour, cornflour, rice flour, potato flour
Rye Crispbreads, Wholemeal Crackers, Oatcakes, Cereal Bars	Rice or corn based cereals e.g. rice krispies®, cornflakes®, coco pops®, frosties®, rice krispies®
Hot Cross Buns, Tea Cakes, Fruit Scones	Cream crackers, rice cakes, corn cakes
	'melt-in-the-mouth' melba toast
	Crispbreads (without seeds and grains) and corncakes
	Croissants, brioche
	Plain bagels, crumpets, plain muffins and scones
	Pancakes and potato cakes
	Plain bread sticks
	Cheese straws
	Danish pastries

Potato, Rice and Pasta

High fibre foods	Lower fibre foods
<p>Wholegrain and wholemeal pasta</p> <p>Brown and wild rice</p> <p>Barley, pearl barley, spelt, bulgar wheat, farro, freekeh, amaranth</p> <p>Jacket potato skins</p>	<p>White pasta</p> <p>White rice</p> <p>Noodles e.g. Egg, rice, vermicelli, udon</p> <p>White couscous, millet, buckwheat</p> <p>Tapioca, sago, semolina</p> <p>Boiled, mashed or roast white or sweet potatoes (no skin)</p> <p>Sweet potato, yams (no skin)</p> <p>Polenta</p>

Dairy foods

High fibre foods	Lower fibre foods
<p>Yoghurts containing nuts or cereals</p>	<p>Milk (all types e.g. Cow's, goats's, sheep's, soya, rice, oat, almond)</p> <p>Plain or smooth yoghurts</p> <p>Cheese (no nuts, seeds, dried fruit, cereals), plain cottage cheese</p> <p>Butter, margarine</p> <p>Ice cream and sorbet (no nuts, seeds)</p> <p>Cream, sour cream, crème fraiche</p> <p>Custard</p>

Meat, fish & protein alternatives

High fibre foods	Lower fibre foods
<p>Convenience foods containing wholegrains & vegetables e.g. Onions, peppers</p> <p>All varieties of beans e.g. Baked beans, broad beans, borlotti, cannellini, kidney and soya beans</p> <p>All varieties of pulses e.g. Lentils, chickpeas</p> <p>Crunchy peanut butters</p> <p>Houmous</p> <p>All nuts and seeds</p>	<p>All types of fish, meat and meat products i.e. Fresh, frozen, tinned</p> <p>Smooth pate and liver sausage</p> <p>Smoked salmon or mackerel pate</p> <p>Soya mince</p> <p>quorn®</p> <p>Eggs</p> <p>Tofu</p> <p>Smooth nut butters</p>

Biscuits and cakes

High fibre foods	Lower fibre foods
<p>Wholemeal biscuits e.g. Digestives, hobnobs®</p> <p>Biscuits made with dried fruit or nuts e.g. Garibaldi®, fig rolls</p> <p>Flapjack, cakes and puddings made with oats</p> <p>Cakes made with wholemeal or wholegrain flour</p> <p>Cakes with dried fruit and nuts</p>	<p>Plain biscuits e.g. Rich tea®, morning coffee®, morning coffee®, custard creams, malted milk, bourbon creams, ginger nuts, nice®</p> <p>Cakes, puddings and pastries made with white flour</p> <p>Plain jelly, milk puddings</p> <p>Mousse</p>

Condiments

High fibre foods	Lower fibre foods
<p>Pickles and relishes</p> <p>Chutneys with whole pieces</p> <p>Wholegrain mustard</p> <p>Stalks and leaves of fresh herbs</p> <p>Jam with seeds</p> <p>Marmalade with peel</p> <p>Salad with wholegrain mustard</p>	<p>Tomato ketchup</p> <p>Barbecue sauce</p> <p>Smooth mustard</p> <p>Brown sauce</p> <p>Worcester sauce</p> <p>Tabasco® sauce</p> <p>Smooth chutneys</p> <p>Mayonnaise, salad cream</p> <p>Salt and pepper</p> <p>Dried herbs</p> <p>Powered spices</p> <p>Gravy</p> <p>Seedless jam or marmalade</p> <p>Lemon curd</p> <p>Honey</p> <p>Golden syrup, maple syrup and treacle</p> <p>Hazelnut spread, Nutella®</p> <p>Smooth peanut butters e.g. Peanut or almond</p> <p>Marmite®, vegemite® and Bovril®</p>

Fruits

High fibre foods	Lower fibre foods
Blackberries	Fresh, tinned or stewed.
Blackcurrants	Avocado
Blueberries	Apples (peeled)
Cherries	Apricots
Clementines	Bananas
Coconut	Melon
Cranberries (fresh and dried)	Nectarines (peeled)
Dates	Papaya
Dried apricots	Pears (peeled)
Figs	Peaches (peeled)
Grapefruit	Watermelon (avoid seeds)
Grapes	
Kiwi	Other
Mandarins	Fruit sauces and coulis with pips removed e.g. Sieved raspberry coulis, apple sauce
Mango	
Oranges	
Passion fruit	
Pineapple	
Plums (have high level sorbitol)	
Pomegranate	
Prunes	
Raisins	
Raspberries	
Redcurrants	
Rhubarb	
Strawberries	
Sultanas	
Other	
Fruit juice with bits	
Smoothies made with above high fibre fruits	

Sweet Treats

High fibre foods	Lower fibre foods
Snacks with fruit & nuts	Smooth milk, white & plain chocolate Boiled sweets Fudge

Vegetables

High fibre foods	Lower fibre foods
Asparagus	Aubergine (peeled and deseeded)
Bean sprouts	Avocado
Beetroot	Broccoli (no stalks)
Bok or pak choi	Butternut squash
Broad beans	Carrots
Brusselbrussel sprouts	Cauliflower (no stalks)
Cabbage	Celeriac
Celery	Chilli puree
Chicory	Courgette (peeled)
Chilli (fresh)	Cucumber (peeled and deseeded)
Coleslaw	Daikon (asian radish)
Edamame	Garlic puree
Fennel	Gem squash
French beans	Ginger puree
Garlic (raw or undercooked)	Horseradish puree
Gherkins	Marrow (peeled)
Ginger	Parsnips
Globe and jerusalem artichokes	Peppers (peeled and deseeded)
Kohlrabi	Pumpkin
Leeks	Shallots (well cooked as a paste)
Lemon grass	Spinach (well cooked)
Okra	Swede
Olives	Tomato passata
Onion (raw, undercooked, or pickled)	Tomatoes (peeled and deseeded)
Peas	Turnips
Radishes	Vegetable soups (made with allowed vegetables)
Runner beans	
Shallots (raw or undercooked)	
Soya beans	
Spinach (raw)	
Spring greens	
Spring onions	
Sugar snap peas	
Sweetcorn	
Tomatoes (whole with skins and pips)	
Watercress	
Other	
Tough stalks of vegetables e.g. Broccoli, cauliflower	
Soups with whole vegetables e.g. Minestrone	

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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