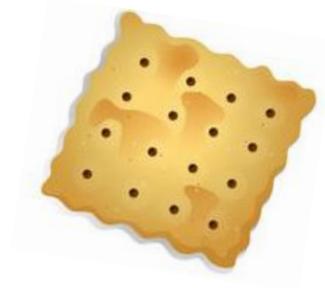


Food List for Diverticulitis

Patients find that a diet food list for diverticulitis including examples of clear liquids, bland foods, and foods with fiber, helps when selecting what to eat during episodes of discomfort.

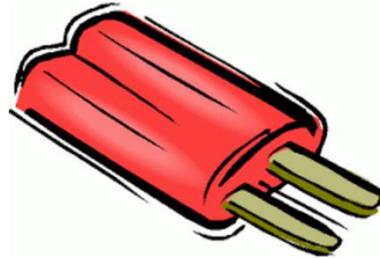
Acute Phase Food

- Clear liquids for 1-3 days until pain subsides
- Beef or chicken broth
- Clear soda
- Fruit juices without pulp, apple or grape are good choices
- Tea, coffee without cream, or water
- Jell-O without fruit
- Ice chips or Popsicles without pulp
- Plain saltine crackers
- Dry toast



Recovery Phase Food List

- Introduce low-fiber bland foods
- Soft or hard boiled eggs and toast
- Canned fruits without pulp
- Desserts without seeds or nuts
- Juices without pulp
- Low-fiber cereals and milk
- Cheeses
- Yogurt
- Smooth peanut butter
- Tender meats, poultry, or fish
- Rice, plain noodles, or macaroni
- Well cooked vegetables without skins



Return to Normal and Prevention Food List

- Brown rice
- Fruits with pulp
- Lentils or dried beans
- Wild rice
- Vegetables
- Whole grain breads and cereals
- Meat, poultry, fish
- Cheese, yogurt, and dairy products

