

Understanding Diverticulitis and Diverticulosis

Navigating your diet while dealing with diverticular disease can be a complex and bewildering task, but we're here to provide guidance. Embracing a healthy, high-fiber diet can simplify the management of this condition, making it not only easy but also delicious.



Diverticulitis vs. Diverticulosis

Diverticulosis is a condition where small pockets form in the colon. The causes of diverticular disease aren't clear; however it is likely related to a low-fiber diet and age. Along with adequate fluids and regular physical activity, a high fiber diet helps keep bowels regular which helps keep the colon healthy.

Diverticulitis happens when you are in the stages of inflammation and infection. At this stage, it is recommended to consume a soft, low fiber diet for approximately two weeks until the gut heals. Once healed, it is recommended to slowly increase to a high fiber diet.

High-Fiber Diet

A diet high in fiber helps to prevent constipation, can help decrease pressure in the colon and help prevent flare-ups of diverticulitis. Fiber helps to soften the stool and make it easier to pass. It is recommended to strive for 25-35 grams of fiber per day and increase it gradually.

Up-To-Date Nutritional Recommendations

Historically, it was recommended to avoid nuts, seeds, corn, and popcorn with diverticulosis. At the time, it was believed that these foods could lodge in the pockets and cause diverticulitis. Recent literature has suggested that these recommendations are NOT necessary. Eat the foods you enjoy without any unnecessary restrictions! If you're trying to prevent diverticulitis attacks, it is recommended to focus on eating an overall healthy diet that is higher in fiber. And be sure to drink plenty of fluids throughout the day.

Gut-Friendly Probiotics

Some studies suggest that probiotics may help with diverticulosis symptoms and may help prevent inflammation and infection. By consuming foods such as yogurt, kefir, and fermented foods, or supplementing a high-quality probiotic supplement, you will get the gut-friendly bacteria which may help keep your digestive tract healthy.