

Diverticulitis Diet - Foods to Avoid and Eat (Flare vs Remission)

Educational information only. This is not medical advice. Always consult your clinician.

Full guide online: <https://masalamonk.com/7-foods-to-avoid-with-diverticulitis/>

Use this one page handout during a flare and as you recover. Follow your clinician's guidance. During a flare: short clear liquids, then low fiber, then gradual reintroduction. In remission: build a fiber forward pattern with good hydration.

3 Phase Quick Plan

- Phase 1 - Clear Liquids (very short): broth, strained soups, gelatin, pulp free juices, oral rehydration drinks, tea, water.
- Phase 2 - Low Fiber (about 48 to 72 hours for many): eggs, poached fish, tender chicken, white rice, plain pasta, white toast, peeled and well cooked vegetables, applesauce, yogurt or cottage cheese if tolerated. Eat 5 to 6 small meals.
- Phase 3 - Step Up and Reintroduce: ripe banana, oatmeal if tolerated, cooked vegetables, lighter grains, then whole grains, beans, and salads as comfortable. Add fiber slowly and increase fluids.

During a Flare - Choose

- Start with clear liquids, then move to low fiber choices.
- Gentle proteins: eggs, poached fish, tender chicken, soft tofu.
- Refined grains: white rice, plain pasta, white toast, cream of wheat.
- Fruits and vegetables prepared gently: peeled and well cooked vegetables, applesauce.
- If tolerated: yogurt or cottage cheese. Use lactose free options when needed.

During a Flare - Temporary Avoids

- Whole grains and bran cereals.
- Raw fruit or vegetable skins, large raw salads, and corn.
- Beans and other legumes at first. Use pureed soups later during step up.
- Nuts, seeds, and popcorn during the flare. These are usually fine again in remission.
- Very spicy, capsaicin heavy sauces if they aggravate symptoms.
- Carbonated drinks and alcohol if they worsen bloating or pain.
- Tough cuts of meat and heavily fried foods.

In Remission - Encourage

- Whole grains, beans and legumes, fruits and vegetables. Keep skins as tolerated.
- Nuts and seeds as comfortable. Add fiber slowly and drink more water.
- Personalize spice, caffeine, and carbonation. Watch your own tolerance.
- Keep portions modest while testing new or higher fiber foods.

Hydration and Fiber Supplements

Hydration supports comfortable bowel movements, especially as fiber increases. After symptoms settle, some people tolerate a small daily dose of soluble fiber such as psyllium. Start low, for example 1 teaspoon daily for several days, then increase gradually. Drink a full glass of water with each dose. Avoid starting supplements during an acute flare unless your clinician advises it.

Illustrative 10 Day Transition

- Days 0 to 1: clear liquids spread throughout the day.
- Days 2 to 3: low fiber meals in small, frequent portions. For example eggs with white toast, or poached fish with white rice and applesauce.
- Days 4 to 6: step up foods such as ripe banana, oatmeal if tolerated, well cooked vegetables, and lighter grains.
- Days 7 to 10: move toward maintenance. Begin whole grain swaps, start small portions of beans (pureed soups first), and gradually return to raw textures.

Personalization and Red Flags

Tolerances vary. If spice, carbonation, caffeine, or alcohol worsen symptoms, limit them and retry later. Seek medical care urgently for severe or worsening abdominal pain, fever, vomiting, or inability to keep fluids down.