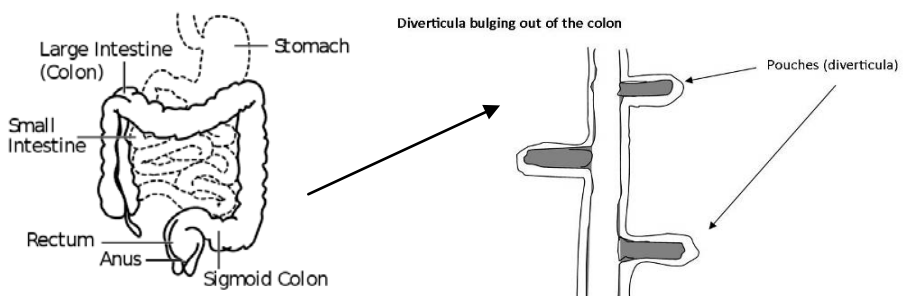


Dietary Advice For Diverticular Disease

- Diverticular Disease is a common condition affecting the large intestine (colon)
- It is thought that the pressure of hard stools passing through the colon, which has become weakened with age causes the formation of small pouches (diverticula) to develop in the lining of the colon.
- Symptoms may include changes in bowel habit, with constipation alternating with loose stools, colicky discomfort - especially on the left side of the abdomen, distension or bloating of the abdomen. Occasionally small quantities of blood may be passed with bowel motions.
- Increasing the fibre in your diet and drinking 8 – 10 cups of fluid is recommended to make the stools softer and easier to pass



Foods high in fibre – eat regularly	Foods low in fibre – eat less often
Wholemeal bread, rolls or pitta breads; granary bread or rolls	White or brown bread, rolls or white pitta breads
Wholemeal pasta	White pasta
Whole grain cereals, e.g. Bran Flakes, Weetabix, Shredded Wheat	Sugar-coated breakfast cereals, Corn Flakes, Rice Krispies
Brown rice	White rice
Wholemeal crackers and crispbreads e.g. Ryvita, Cracker wheat, oatcakes	Cream crackers, crispbreads, biscuits made with white flour
Jacket potatoes and new or boiled potatoes with skins on	Mashed or boiled potatoes with skins removed
Pulses e.g. beans (including baked beans), peas, lentils	
Fruit (fresh, frozen, canned, peeled or stewed)	
Vegetables (fresh, frozen, canned)	
Nuts	

- You are advised to increase your fibre intake gradually over a few weeks to prevent side effects associated with a high fibre diet, such as bloating and flatulence (wind).
- Aim to eat at least five portions of fruit, vegetables or salad daily

Fruit and vegetable portion sizes

- 3 tablespoons of any vegetables
- 1 bowlful of salad
- 1 apple, 1 orange, 1 banana
- 2 small fruits, e.g. 2 plums, satsumas or kiwi fruits
- 1 slice of melon or pineapple
- 1 handful of berries or grapes
- 1 tablespoon of dried fruit
- 1 small glass (150ml) of fruit juice



Exercise

- Take daily exercise as regular exercise encourages normal bowel movement.
- The Department of Health recommends aiming for at least 150 minutes (2½ hours) per week of moderate intensity activity. This should be spread throughout the week, e.g. 30 minutes of brisk walking at least five times a week or choose an activity that you enjoy such as dancing or swimming.

Useful contacts

Digestive Disorders Foundation, c/o CORE, Freepost LON4268, London, NW1 0YT. Tel. 020 74860341 www.corecharity.org.uk

The British Dietetic Association: www.bda.uk.com

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