

## HIGH FIBER FOR DIVERTICULOSIS

UNLESS ACCUSTOMED TO A DIET IN HIGH FIBER, FIBER SHOULD BE INCREASED GRADUALLY TO PREVENT INCREASED FLAUTUS. IT IS ALSO SUGGESTED THAT 8 TO 10 CUPS OF FLUID BE USED DAILY. AVOID EXCESSIVE USE OF SWEETS WHICH DO NOT CONTRIBUTE FIBER TO THE DIET.

<u>FOOD GROUPS</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
SOUPS	Broths and cream soups made with allowed vegetables.	Soup containing vegetables with small seeds or skin.
MEAT & MEAT SUBSTITUTES	At least four ounces of cooked edible portion of meat, fish, fowl, egg or cheese.	Cheeses containing seeds.
POTATOES AND SUBSTITUTES	Peeled white or sweet potatoes, spaghetti, noodles, rice, etc.	Potato skins, brown and wild rice.
BREAD & CEREALS	Any type, especially whole grain breads, rolls, crackers, unprocessed bran and bran cereals.	Products containing nuts, seeds, raisins, or dates.
VEGETABLES	Any without skin or seeds.	Vegetables with small seeds or skin, corn and peas.
FRUITS	Any except those to avoid RAW: any peeled fruit without seeds.	Fruits containing small seeds or skins: berries, grapes, figs, dates, raisins, cherries.
BEVERAGES & MILK	Coffee, decaffeinated coffee, tea, fruit juices, carbonated beverages, milk & milk products.	No restrictions.

HIGH FIBER DIET FOR DIVERTICULOSIS – continued

<u>FOOD GROUPS</u>	<u>FOOD ALLOWED</u>	<u>FOOD TO AVOID</u>
FATS	Butter, margarine, oil, shortening, salad dressing, cream, non-dairy products.	No restrictions: except salad dressing containing seeds, skin or other items to avoid.
DESSERTS	Any containing allowed foods.	Any dessert containing nuts, seeds, skins, raisins, figs, or dates.
MISCELLANEOUS	Any seasonings not containing small seeds, sugar, syrup, honey, jelly, candies, containing allowed ingredients. vinegar, catsup, etc. chocolate, cocoa, smooth peanut butter.	Jams and marmalades, seasonings containing seeds or skins, candies. candies containing nuts, coconut, raisins and fruits to avoid. chunky peanut butter.