Diverticulitis Diet Guide

Eating during a flare — and preventing the next one

During a Flare (Active Diverticulitis)

While the colon is inflamed, rest it. Your doctor may advise clear liquids for 1 to 3 days, then low-fiber foods as you improve. Follow the instructions our office gives you — they come first.

- Clear liquids: water, clear broth, apple or white grape juice, plain gelatin, popsicles, clear sports drinks.
- Then low-fiber foods: white rice, refined pasta and bread, eggs, tender lean meats and fish, well-cooked low-fiber vegetables without skins or seeds, canned fruit without skins.
- Avoid during a flare: high-fiber and hard-to-digest foods, caffeine, alcohol, spicy foods, and red meat.

As You Recover

- Add fiber back gradually over days to weeks — adding it all at once causes gas and cramping.
- Drink plenty of water; fiber works best when you are well hydrated.

Long-Term: Preventing the Next Flare

Once you have recovered, a high-fiber diet is the goal — fiber keeps stool soft and lowers pressure in the colon:

- Fruits and vegetables every day; beans and legumes (lentils, kidney beans, chickpeas) as tolerated.
- Whole grains — whole-wheat bread and pasta, oats, brown rice.
- Stay hydrated and stay active.
- Limit: red meat eaten often, processed meats and processed foods, and alcohol.

A Common Myth

You do not need to avoid nuts, seeds, corn, or popcorn. Older handouts banned them, but research has not shown they cause flares — current gastroenterology guidance does not restrict them.

Call Us Right Away If

Call (863) 824-3447 — or seek urgent care — for worsening abdominal pain, fever, vomiting, rectal bleeding, or if you cannot keep liquids down.

Patient education handout — follow your doctor's instructions if they differ from this sheet.