

Diverticulitis diet, Soft foods

By Mayo Clinic Staff

A diverticulitis diet is something your doctor might recommend as part of a treatment plan for a mild case of acute diverticulitis. Diverticulitis occurs when small, bulging pouches (diverticula) in your digestive tract become infected and inflamed. Mild cases are usually treated with antibiotics and a diverticulitis diet, which includes clear liquids and low-fiber foods. More severe cases typically require hospitalization.

Purpose

A diverticulitis diet can't treat or prevent diverticulitis. Rather, it's intended to give your digestive system a chance to rest. A diverticulitis diet is typically recommended along with antibiotics for mild or uncomplicated cases of diverticulitis.

Diet details

A diverticulitis diet starts with only clear liquids for a few days. Examples of beverages allowed on a clear liquid diet include:

- Broth
- Tea or coffee
- Milk
- Fruit juices without pulp, such as apple juice
- Ice chips
- Ice pops without bits of fruit or fruit pulp
- Water
- Broth
- Sugar-free Gelatin

As you start feeling better, your doctor will recommend that you slowly add low-fiber foods. Examples of low-fiber foods include:

- Canned or cooked fruits without skin or seeds
- Soups
- Canned or cooked vegetables such as green beans, peas and potatoes (without the skin)
- Mashed potatoes
- Eggs, fish and poultry
- Cottage Cheese
- Lean ground meats
- Refined white bread
- Fruit juice with little or no pulp
- Low-fiber cereals
- Milk, yogurt and cheese
- White rice, pasta and noodles

Avoid these foods

- Nuts, seeds and popcorn
- Dried fruits
- Soda and carbonated beverages
- Stringy or fibrous vegetables, such as celery, broccoli, corn or cabbage
- Tough meats or meats with gristle
- Bread