



DIVERTICULITIS

FOODS



EAT ✓

Non-Starchy Vegetables

Spinach, Kale
Carrots, Bell peppers
Cucumbers
Green beans
Zucchini, Squash



Fiber-Rich Fruits

Apples, Pears
Berries (strawberries,
blueberries, raspberries)
Bananas, Peaches
Plums, Oranges



High-Fiber Whole Grains

Whole wheat bread
Brown rice
Oatmeal, Quinoa
Whole-grain pasta
Barley



Legumes

Lentils, Black beans
Chickpeas
Kidney beans
Pinto beans



Nuts & Seeds

AVOID ✗

Low-Fiber & Refined Foods

White bread, white rice,
and white pasta
Processed cereals
Pastries, cakes, and
cookies made with
refined flour
Fast food, processed
snacks



Fatty & Fried Foods

Deep-fried foods
Greasy fast food
Fatty cuts of meat
Heavy cream-based
sauces



Dairy Products

Whole milk, heavy cream
Ice cream, high-fat dairy
products



Spicy & Gas-Producing Foods

Hot peppers, chili,
spicy sauces
Cabbage, Brussels
sprouts, broccoli, and



Asapscience Diet For Diverticulitis

H Kauffman



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