

# Diverticulitis

Diverticulitis is an infection in the gastrointestinal, or GI, tract

## Treatments for Diverticulitis:

-Getting enough fiber. Fiber helps bulk stool so that it moves smoothly through the colon and out of the body. An adequate intake of foods high in fiber won't prevent diverticulosis, but it can reduce risk of diverticulitis flare-ups.

If you have diverticulitis, you may need medicine to treat the infection.

## What to Eat to Get Enough Dietary Fiber

- Fruits/vegetables with peels or skins
- Apples, pears, sweet potatoes
- Fresh/frozen/canned produce instead of fruit juice
- Stewed prunes
- Whole grain breads, cereals
- Brown or wild rice
- Oatmeal, farro, quinoa
- Cooked beans
- Dried beans and peas



Look at nutrition labels

Try to choose products with at least 4 grams of fiber per serving