



MEDICAL CENTRE OF CONYERS

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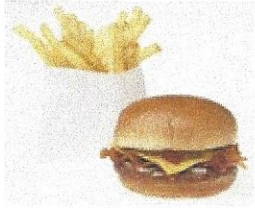
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Foods to Avoid With Diverticulitis



Diverticulitis occurs when protruding pouches, called diverticula, swell in your stomach, causing internal infection and discomfort of varying degrees. As a diverticulitis sufferer, you might find yourself experiencing abdominal tenderness, diarrhea, constipation and severe, sudden pain originating from the lower left side of your abdomen. Sometimes, you might notice that these symptoms appear a few hours after you eat a meal. Therefore, it is wise to memorize what foods to avoid when you have diverticulitis to ensure that you experience fewer flare-ups resulting from this disease.

Foods to avoid

You should not eat cooked dried beans, such as navy beans, kidney beans, black beans or garbanzo beans. You should also eradicate cooked greens, such as spinach or kale, from your diet. Additional foods from which you should abstain include whole-grain cereals and breads, fruit pulp, skin-on fresh fruit and dried fruit. Finally, avoid tough meats and meats with gristle attached.

Misconceptions

Although some doctors recommend that you should avoid nuts and seeds with diverticulitis, little scientific evidence exists to support these recommendations. However, if you suspect that your consumption of seeds and nuts initiates your diverticulitis flare-ups, you should eliminate them from your diet.

Write down which foods to avoid for diverticulitis, and carry the list with you in your purse or wallet. Take it out at the grocery store and at restaurants to help you memorize which foods could possibly trigger a painful attack. Before long, you begin to remember these foods yourself.