

Han van de Braak BSc LicAc MCSP MBACc (Retd.)
Hammond House, 75 Burnmill Road
Market Harborough
Leicestershire LE16 7JG

Diverticulitis which foods to avoid

In diverticulitis (inflammation) you want foods that neither brush the inflamed areas (hence low fibre) nor inflate the inner tube (hence no fermentables). Limit foods that are high in FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides and polyols) so you don't inflate the inner tube. The keyword is **fermentable**, fermentation produces gas, gas inflates inner tube, this may upset the diverticular pouches. FODMAP avoids apples, pears and plums; dairy foods e.g. milk, yogurt and ice cream; fermented foods e.g. sauerkraut or kimchi; beans, cabbage, Brussels sprouts, onions and garlic. Personally, I think that foods that have been properly fermented outside the body are fine. For instance, the Specific Carbohydrate Diet (created for patients with Inflammatory Bowel Disease) advocates *double fermented* yoghurt (i.e. 24hr instead of 12hr fermenting in a pan) so you get all the goodness of probiotics but no gas formation inside your inner tube. Candida overgrowth (SIBO) is another contributor to inflating one's inner tube and this very much has to do with bowel flora (microbiome). Recent studies have identified significant changes in the microbiome of patients suffering from diverticular disease such as an excess of mucus degrading species. Brushing and fermentation is what you need to avoid, certain probiotics, like Probiion Basic, can help to alleviate constipation which would benefit the diverticula. Avoid fibre-rich foods: wholegrain breakfast cereals, wholewheat pasta, wholegrain bread and oats, barley and rye, berries, pears, melon and oranges, broccoli, carrots and sweetcorn, peas, beans and pulses, nuts and seeds, potatoes with skin.

Diverticulitis which foods to eat

As soon as an episode of diverticulitis (inflammation) starts, you change to a liquid diet for a few days. Bowel rest is akin to intermittent fasting aided by one vegetarian capsule of Aloeride at your washstand in the morning and potentially another one at night. What can you ingest safely when you suffer from an episode of diverticulitis:

- Filtered water and herbal teas *ad libitum*
- Clear broths and very finely puréed soups (use a hand blender) *ad libitum*
- Premium quality appropriate dosage non-latex (!) aloe vera
- Natural full-fat yogurt (listed in FODMAP but beneficial to gut microbiome i.e. ingest with discretion and ideally make double-fermented yoghurt)
- Fruit and raw vegetable juicing (i.e. not smoothies because smoothies may contain too much pulp), do avoid making juices sweet (i.e. keep them low glycaemic index and avoid cartoned/bottled juices as these tend to be sweeter than you think) and by the way, the seeds in tomato, zucchini, cucumber, strawberries, raspberries do not aggravate diverticulitis; nor does sesame seed
- Rice (basmati or white)
- Mashed potato (peel beforehand)

01858 465005
www.aloeride.com

Han van de Braak BSc LicAc MCSP MBACc (Retd.)
Hammond House, 75 Burnmill Road
Market Harborough
Leicestershire LE16 7JG

- Egg white and yoke
- Gelatin (e.g. make collagelatin and sugar-free green juice blend gummies)

The more digestive rest you give your intestines, the quicker acute diverticulitis can be remedied by your innate ability to do so. If you do not feel better within two or three days then you may wish to see your medical doctor.

Diverticulosis which foods to eat

In diverticulosis (no inflammation) you want foods that stimulate peristalsis. So, eat fibre-rich foods: wholegrain breakfast cereals, wholewheat pasta, wholegrain bread and oats, barley and rye, berries, pears, melon and oranges, broccoli, carrots and sweetcorn, peas, beans and pulses, nuts and seeds, potatoes with skin. Ingest my 'clever smoothies' a few times a week. Drink plenty of (filtered) water. Take daily exercise, nothing exotic, brisk walking will do...

Africans/Oriental consume a high roughage (i.e. diverticulosis -preventative) diet with high fibre content and have a short transit time of about 18 to 36 hours (1½ days).

Europeans/Americans/Australians with a low residue diet have an estimated transit time of 3 to 7 days. A high fibre diet is associated with increased stool volume, increased stool weight and decreased transit time. Dietary fibres are end-products of the metabolism of *plant* polysaccharides that are not absorbed in the gastrointestinal tract. These complexes include: celluloses, hemicelluloses, lignins, pectins, mucillages and gums. Celluloses and hemicelluloses have water retention properties (see water below) and increase faecal weight. The simplest and very healthy way to tick the plant roughage box is to ingest a 'clever smoothie' a few times a week. Note that our clever smoothies are fantastic when you have diverticulosis, it may be best to put them on hold during an episode of diverticulitis.

This printable food list for diverticulosis and diverticulitis is a guide, no two patients respond exactly the same. Many people respond very favourably to Aloeride once or twice a day, hence me providing an opportunity for you to trial it half-price via a little form in

<https://www.aloeride.com/news-on-how-to-help-diverticulitis-yourself/>



01858 465005
www.aloeride.com