



## Diverticular Disease

### What is Diverticular Disease:

Diverticular disease is a common disease of aging. It is a disease of the colon where outpouchings or hernias form in the wall of the colon. In some people, these outpouchings can become inflamed and cause pain.

There are two forms of diverticular disease:

#### Diverticulosis

This disease occurs when constipation and the pressure caused by moving dry, hard bowel movements can create pouch-like projections in the outer wall of the colon called diverticula.

#### Diverticulitis

This disease causes more pain and is more severe than diverticulosis. It occurs when the diverticula become inflamed due to material that gets caught in the diverticula as it is moving through the intestines. The inflammation may lead to pain, infection and bleeding.



#### Symptoms of Diverticulitis

- Tenderness
- Cramps
- Abdominal pain
- Infection
- Fever
- Nausea, vomiting
- Blood in the stool

#### FACT:

Ten to 25% of people that suffer from diverticulosis will have an attack of diverticulitis at some point in their lives.

# Get the Fiber You Need

Fiber is an important factor for intestinal health. It helps add bulk to the stool and move it smoothly through the intestines. It is recommended that women and men get 25-35 grams of fiber a day. When diagnosed with DiverticulOSIS it is important to eat a diet high in fiber to prevent complications with the disease. *If you experience the symptoms of DiverticulITIS, see your doctor first! A low fiber diet may be recommended.*



Foods that are good sources of fiber include fruits, vegetables, whole grain products, and legumes (beans). Listed below is the amount of fiber in foods that are good sources of fiber.

Food	Amount	Grams of Fiber
<b>Figs, dried</b>	<b>3</b>	<b>10.5</b>
<b>Raspberries, fresh/frozen</b>	<b>½ cup</b>	<b>4.6</b>
<b>Pear, with skin</b>	<b>1 medium</b>	<b>4</b>
<b>Apple, with skin</b>	<b>1 medium</b>	<b>3.7</b>
<b>Banana</b>	<b>1 medium</b>	<b>2.7</b>
<b>Prunes</b>	<b>5</b>	<b>3</b>
<b>Baked potato, with skin</b>	<b>1 medium</b>	<b>4.8</b>
<b>Squash, winter, baked</b>	<b>¾ cup</b>	<b>3.5</b>
<b>Sweet potato with skin, baked</b>	<b>1 medium</b>	<b>3.4</b>
<b>Cabbage, cooked</b>	<b>1 cup</b>	<b>3</b>
<b>All Bran cereal</b>	<b>1/3 cup</b>	<b>6.6</b>
<b>Whole wheat bread</b>	<b>2 slices</b>	<b>4</b>
<b>Rolled oats</b>	<b>¾ cup cooked</b>	<b>3</b>
<b>Shredded wheat, spoon size</b>	<b>½ cup</b>	<b>4</b>
<b>Baked beans, canned</b>	<b>1 cup</b>	<b>16</b>
<b>Black beans, cooked</b>	<b>1 cup</b>	<b>15</b>
<b>Pinto beans, cooked</b>	<b>½ cup</b>	<b>7.3</b>
<b>Lima or butter beans</b>	<b>½ cup</b>	<b>7</b>
<b>Kidney beans</b>	<b>½ cup</b>	<b>6.5</b>

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