

Diverticulitis

Possible Causes and Contributing Factors:

- Not enough fiber & exercise

Suggested Dietary Changes:

- Increase soluble fiber and lots of water – at least 30 grams of fiber daily
- Do not eat grains, seeds or nuts (well cooked rice is o.k.) – eliminate meat, dairy, fried foods, spices, processed foods
- If inflammation is severe, eat lightly steamed vegetables, oats – stay away from hard fibers like wheat bran
- Regular exercise such as swimming

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*