

DIVERTICULITIS DIET (SOFT DIET)

Diverticula are small, bulging pouches that can form in the lining of the digestive system. They are found most often in the lower part of the large intestine (colon) . This condition is call diverticulosis. In some cases, one or more of the pouches become inflamed or infected. This is known as diverticulitis.

The soft diet is considered a "diet as tolerated". The following list can be used as a guideline, however, foods are included or excluded from the diet based on individual tolerance. The soft diet can be used as a short-term step in the progression from liquid to solid foods.

FOOD GROUPS	ALLOWED	AVOID
Beverage	<ul style="list-style-type: none"> - Coffee (caffeinated or decaffeinated) - tea - cereal beverage - carbonated beverage 	None
Meat	<ul style="list-style-type: none"> - Any tender meat, fish, or fowl - Eggs - Cottage cheese - Mild cheese - Cream-style peanut butter 	<ul style="list-style-type: none"> - Fried - Highly seasoned (such as cold cuts) - Strong cheese
Fat	<ul style="list-style-type: none"> - Butter - Margarine - Cream - Vegetable oil - Crisp bacon - Avocado - Gravy - Cream sauce - Mildly seasoned salad dressings* 	<ul style="list-style-type: none"> - Olives - Nuts - Highly seasoned salad dressings*
Milk	<ul style="list-style-type: none"> - Milk and milk beverages - yogurt made with allowed fruits 	All others
Starch	<ul style="list-style-type: none"> - Any product made with white, refined wheat, light rye, or graham flours - Refined cereals - Potato - Rice - Noodles - Pasta 	<ul style="list-style-type: none"> - Any product made with coarse, whole grains - Any containing seeds, nuts, or dried fruits - Any fried
Vegetable	<ul style="list-style-type: none"> - Cooked mild-flavored vegetables: <ul style="list-style-type: none"> - asparagus, green or wax beans, beets, peas, carrots, spinach, mushrooms, pumpkin, tomato juice, squash 	<ul style="list-style-type: none"> - All other cooked vegetables - All raw vegetables
Fruit	<ul style="list-style-type: none"> - All juices - Cooked or canned fruits: <ul style="list-style-type: none"> - applesauce, apricots, cherries, peaches, pears, pineapple - Raw fruit: <ul style="list-style-type: none"> - banana and citrus fruit only without membrane 	<ul style="list-style-type: none"> - All other cooked fruits - All other fresh fruit - Dried fruits

Soup	<ul style="list-style-type: none"> - Broth - Bouillon - Cream or canned soups made with foods allowed 	All others
Dessert	<ul style="list-style-type: none"> - Gelatin, sherbet - Ice cream - Custard - Pudding - Cake - Cookies - Pastry 	<ul style="list-style-type: none"> - All others - Any with coconut, nuts, or disallowed fruit
Sweets	<ul style="list-style-type: none"> - Sugar - Honey - Jelly - Candy 	- Any with coconut, nuts, or disallowed fruit
Miscellaneous	<ul style="list-style-type: none"> - Salt and pepper - Mild spices* and herbs* - Vinegar - Catsup* - Chocolate 	<ul style="list-style-type: none"> - Strong spices* - Mustard - Pickles - Horseradish

* Inclusion of spices and seasonings may be modified according to your tolerance of usual food preferences.