



## Diverticulitis & Diverticulosis Grocery Shopping List

### Flare-Up Days (Clear Liquid & Low-Fiber Foods)

	Item
	Apple juice (no pulp)
	White grape juice
	Vegetable broth
	Clear chicken or beef broth
	Herbal tea (caffeine-free)
	Gelatin desserts
	Ice pops (without seeds or pulp)
	Pear juice
	Diluted juice blends

### Soft / Healing Foods (Transition Phase)

	Item
	Stewed apples
	Mashed carrots
	Pureed butternut squash
	Bananas (ripe)
	Baked sweet potato (without skin)
	Zucchini mash
	Canned peaches (in juice)
	Applesauce (unsweetened)
	Tender green beans
	Pumpkin purée
	Mashed potatoes (smooth)

	Soft tofu with pureed vegetables
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## High-Fiber Maintenance Foods

	Item
	Broccoli florets
	Poached pears (with skin if tolerated)
	Swiss chard
	Kale
	Roasted cauliflower
	Brussels sprouts
	Spinach
	Collard greens
	Bell peppers
	Brown rice
	Quinoa
	Oats
	Beans & lentils