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DIET FOR DIVERTICULITIS

Eat foods with low fibre content: poor in refuse they are intended to protect the intestine and to avoid further damage to the diverticula present.

Eat light meals and avoid abundant meals.

Drink at least ten glasses of water distributed throughout the day to "wash" the intestine and fight constipation.

Choose white bread without the soft inner part or slices of toast. Eat small pasta, rice, semolina, rice cream.

Vegetables that are either cooked or pureed: carrots, potatoes, spinach, fennel, chard. Avoid artichokes, turnip greens, dried and fresh legumes (beans, chickpeas, peas, lentils, soy and its derivatives).

Fruit that is cooked and pureed. Always eat very ripe fruit, devoid of peel and seeds.

Avoid dried fruit (nuts, hazelnuts, almonds, chestnuts, dates, figs) and dried fruit (plums, apricots, apples ...)

Wine, beer and spirits should be excluded or significantly reduced.

With regard to meats: choose the tenderest and least fibrous parts of beef, veal, lamb and poultry.

Defatted raw and cooked ham and bresaola are fine.

It is advisable to choose unfermented cheeses: crescenza cheese, cow or sheep ricotta, mozzarella, fontina, robiola.

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