For a perfect healthy diverticulitis diet, the bottom line is to maintain a high fiber diet of at least 35g daily. Just as important is the intake of water, the rule of thumb is that your body will need 1/2 of your weight in ounces daily ie... 150 pound person will need 75 ounces of water a day. The water combined with the high fiber is what it takes to keep a healthy movement in your colon and to help control the risk of an attack or accumulation of more diverticula forming.

The term "diet" does not necessarily mean torture, it's just a way of eating and a lifestyle change that may be in store for you. It can be a fun positive change or "torturous", it's all up to you and how you approach it. We suggest making it fun and positive and avoid the dark dungeons of bad eating habits. Have fun with recipes and meal planning, keep as fresh a possible with all your ingredients and work on meals that are as natural as possible.

We all get busy and the hectic lifestyles we live can and will sabotage us, if you fall a little behind that is okay, pick yourself back up and get back on track, a diverticulitis flare up is not worth it. It's your body, you only get one, so care for it like a baby and you will feel more energetic, your mind will be clearer, and your focus on life will be in a healthier light.

In this area of the site you will find so much helpful information about:

- fiber
- diets during and after a diverticulitis attack or surgery
- journaling
- charts
- recipes

Explore and look around, check out the forum and share with others, or email us with your suggestions. For a complete Diverticulitis Diet Plan, please check out www.diverticulitisdiet.com.