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Diverticulitis: Flare Signs and Fiber Sheet

The 5 signs of a flare, the fiber number that lowers your risk, and the nuts and seeds rule that turned out to be wrong.

✓ **Verified against published guidance** from Mayo Clinic, Cleveland Clinic & NIDDK · sources below

Constant, unexplained abdominal pain, especially with a fever or a notable change in stools, is a call-your-doctor situation. Severe pain or bleeding is an emergency room situation.

✓ Do This

Know the Lower Left Pattern

- Sudden, intense pain low on the left
- Tenderness when the spot is pressed
- Fever and nausea alongside it

COACH'S TIP Location plus fever is the pair that matters.

Set a Real Daily Fiber Number

- 14 grams per 1,000 calories
- About 28 grams on a 2,000-calorie day
- Beans, whole grains, fruit, vegetables

COACH'S TIP A number you can hit beats eat more fiber.

Put Nuts and Seeds Back On

- Cleveland calls the old risk mostly a myth
- They are high in fiber and plant protein
- Unless your doctor said otherwise

COACH'S TIP The avoided foods were the helpful ones.

Increase Fiber Gradually

- Step it up over weeks, not days
- Drink water alongside it
- Let the gut adjust

COACH'S TIP Fast fiber jumps trade one complaint for another.

Trim the Red Meat

- NIDDK links high red meat to higher risk
- More fiber with less red meat may lower it
- Swap, do not just subtract

COACH'S TIP The swap is the lever, not the sacrifice.

Ask Which Kind You Had

- Uncomplicated or complicated
- Which segment of colon was involved
- What symptoms mean call, not wait

COACH'S TIP The answer changes your follow-up plan.

✗ Do Not

Do Not Call It a Stomach Bug

- Bugs do not usually pick the lower left
- Fever plus stool change is the tell
- Mayo names constant pain as the threshold

COACH'S TIP Filing it under bug is how people wait too long.

Do Not Avoid Seeds and Popcorn

- Decades of research did not support it
- Avoiding them costs you fiber
- Fiber is the actual prevention lever

COACH'S TIP The rule was wrong. Let it go.

Do Not Assume Pouches Mean Disease

- Diverticulosis is not a disease condition
- Diverticula are common after age 50
- Most cause no problems at all

COACH'S TIP Having them is not the same as having a flare.

Do Not Ignore a Fever

- Fever signals more than simple inflammation
- It travels with the serious version
- Pair it with the pain and act

COACH'S TIP Fever is the word that moves you off the couch.

Do Not Guess Your Fiber Intake

- Most adults land well under the target
- Estimating high is the common error
- Count it for one honest week

COACH'S TIP Count once and you will stop guessing.

Do Not Wait Out Severe Pain

- Extreme pain warrants urgent care
- Bleeding warrants the emergency room
- Not keeping liquids down is a red flag

COACH'S TIP Severe and sudden is not a wait-and-see list.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

28 grams	daily fiber on a 2,000-calorie diet, per the Dietary Guidelines
Lower left	where diverticulitis pain most often sits
After 50	when diverticula become common, though usually harmless

Sources: Mayo Clinic, Diverticulitis: symptoms and causes · Cleveland Clinic, Diverticulitis · NIDDK, Eating, Diet & Nutrition for Diverticular Disease. **Educational content, not medical advice.** Talk with your doctor.