

Foods to Avoid

Some doctors still urge caution when eating seeds and foods with seeds (berries, melons, tomatoes, etc.). The concern is that these might become lodged in the diverticulum and cause inflammation. Although there is no scientific evidence to prove this theory, we have omitted seeds and nuts from our recipes and encourage you to speak with your physician regarding their suitability in your diet.

Seeds/Nuts

Almonds
Cashew Nuts
Chestnuts
Coconuts
Cottonseed
Flaxseed
Hazelnuts
Hickory Nuts
Macadamia Nuts
Peanut Butter (Chunky Style)
Pecans
Pine nuts
Pistachio
Pumpkin & Squash seeds
Sesame Seeds
Sunflower Seeds
Walnuts

Vegetables

Chilli Peppers
Corn
Cucumber
Eggplant
Green Peppers (Acceptable if seeds are removed)
Tomato (Acceptable if seeds are removed)
Zucchini

Fruits

Blackberries
Blueberries
Coconuts
Whole Cranberries (Cranberry Relish)
Figs
Grapes with seeds
Kiwi
Pomegranates
Raisins with Seeds
Raspberries
Strawberries
Watermelon (Acceptable if seeds seedless)

Breads/Starches

Bread or rolls with nuts/seeds
Popcorn
Wild Rice

Sweets

Candy with nuts/seeds
Jam with Seeds
Pie/Cake with nuts/seeds