

## Bladder Irritants

Certain foods and drinks have been associated with worsening symptoms of urinary frequency, urgency, urge incontinence, or bladder pain. If you suffer from any of these conditions, you may wish to try eliminating one or more of these foods from your diet and see if your symptoms improve. If bladder symptoms are related to dietary factors, strict adherence to a diet that eliminates the food should bring marked relief in 10 days. Once you are feeling better, you can begin to add foods back into your diet, one at a time. If symptoms return, you will be able to identify the irritant.

**It is very important that you drink significant amounts of water. I recommend ½ your body weight in ounces per day, spread evenly throughout the day. Example: If you are 150 lbs, you will drink 75 oz.**

### FOODS TO ELIMINATE:

- **Beverages:** all alcoholic beverages, coffee (including decaffeinated), all carbonated beverages, black tea, apple juice, cranberry juice, tomato
- **Fruits:** apples, cantaloupe, all citrus, cranberries, grapes, guava, pineapple, plums, strawberries, peaches, tomatoes
- **Milk Products:** milk, cheese, cottage cheese, yogurt, ice cream
- Chili
- All spicy foods
- Vinegar
- Chocolate
- **All sugar (especially artificial sweeteners):** saccharin, aspartame, corn syrup, high fructose corn syrup, honey, fructose, sucrose
- **Supplements:** Vitamin C, Vitamin B complex

**Most people are not sensitive to ALL of these products; your goal is to find the foods that make YOUR symptoms worse!** If you've eliminated these items for 10 days, and you have seen relief, add back one at a time to test it and see if it is an irritant for YOU!

### Feeling Limited? Here are some ideas:

- Low-acid fruit substitutions include apricots, papaya, pears and watermelon.
- Coffee drinkers can drink Kava or Matcha.
- Black tea drinkers can substitute non-citrus herbal teas.
- Calcium carbonate co-buffered with calcium ascorbate can be substituted for Vitamin C.
- If you are choosing to eat something acidic, knowing it has a tendency to irritate the bladder. Prelief is a dietary supplement that works as an acid blocker for the bladder.