

Foods to be Avoided

(Bladder Irritants)

Beverages

****Carbonated Drinks, even carbonated water***

****Caffeine : Coffee/Tea/Sodas/(Includes Decaf Drinks!)***

****All Alcoholic Beverages***

****Tomatoes & All Products Containing Tomatoes***

****Tobacco Products***

Chilies/Spicy Foods

NutraSweet/Sweet & Low/Aspartame/Saccharine

Vitamin B Complex (B 12 is OK)

Vinegar, and all pickled products

Fruits

Apples/Applesauce/Apple Juice

Cantaloupes

Citrus Fruits/Juices (Lemon, Orange, Lime, Grapefruit)

Cranberries (Including Pills/Fruits/Juices)

Grapes

Guava

Peaches

Pineapple

Plums

Strawberries

Watermelon

Chocolates

Eat (almost) anything NOT on the first page

such as

Take Probiotics once a day

Beverages

Water is best

Coffee Substitutes such as

Postum, Pero, Tecana

Milk

**Teas (caffeine free, no decaff,
like Chamomile, Peppermint,
etc**

Dairy

Milk/Cheese

Ice Cream

White Chocolate

Fruits & Juices

Apricots

Banana

Blueberries

Cherries

Coconuts

Figs

Honeydew

Kiwis

Mangos

Papaya

Pears

Meats

Beef

Chicken

Fish

Pork

Nuts

Chestnuts/ Almonds/ Pine

Nuts/ Cashews, etc

Spices

**Most OK, like Onion, Ginger,
Garlic, Black Pepper; (no
hot peppers)**

Vegetables

Artichoke

Asparagus

Avocados

Bamboo Shoots

Beans

Beets

Bell Peppers

Celery

Corn

Cucumber

Eggplant

Greens

Jicama

Lentils

Lettuce

Okra

Parsnip

Peas

Potatoes

Pumpkin

Spinach

Squash

Sweet Peppers

Sweet Potato

Yams

Zucchini

**Potatoes/ Rice/ Pasta/ Breads and
grains**