



**POTENTIAL BLADDER IRRITANTS**

REV. 5/25/10

Many people with urinary difficulties find that making changes to their diet helps control their symptoms. In general, foods that are high in acid and potassium, spicy foods as well as beverages that contain caffeine and alcohol should be avoided; however, not all foods affect people in the same way. Keeping a food diary or a record of the foods and supplements you eat, their quantity and notes about which ones worsen your bladder symptoms is a good way to determine which foods are a problem for you. Start by eliminating the foods listed below from your diet one at a time, then reintroduce them to determine which ones trigger your symptoms.

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|-----------------------|--------------------------|-----------------------|------------------------|
| Alcohol               | Cigarettes               | Lemons                | Red cabbage            |
| Apple juice           | Citrus fruits            | Lemonade              | Red peppers            |
| Apples                | Cocktail sauce           | Lentils               | Red wine               |
| Applesauce            | Coffee                   | Light beer            | Roasted peppers        |
| Apricots              | Concord                  | Lima beans            | Rye                    |
| Artichoke hearts      | grapes/preserves         | Lime juice            | Saccharine             |
| Artificial sweeteners | Corn relish              | Limes                 | Sauerkraut             |
| Aspartame             | Corned beef              | Mango                 | Seltzer                |
| Aspirin               | Cottage cheese           | Mango chutney         | Smoked foods           |
| Avocados              | Crackers (hot or spicy   | Mashed potatoes       | Sour cream             |
| Balsamic vinaigrette  | kinds)                   | Mayonnaise            | Soy sauce              |
| Bananas               | Cranberries              | Mint jelly            | Spaghetti sauce        |
| Barbeque sauce        | Cranberry juice(s)       | Molasses              | Spicy foods            |
| Beer                  | Cream cheese             | Moldy food            | Sports drinks          |
| Beets                 | Cucumbers                | Mustard               | Steak sauce            |
| Bell peppers          | Dill relish              | Nacho chips (spicy)   | Stewed tomatoes        |
| Berries (all kinds)   | Fermented foods          | Nectarines            | Strawberries           |
| Blackberries          | French salad             | Nuts                  | Strawberry preserves   |
| Bleu cheese           | dressing                 | Olives                | Sugar                  |
| Blueberries           | Fried foods              | Onions                | Sweet & Sour Sauce     |
| Bread & butter        | Fruit cocktail           | Orange juice          | Sweet relish           |
| pickles               | Gelatin (citrus flavors) | Oranges               | Tabasco sauce          |
| Brewer's yeast        | Grape juice              | Peaches               | Tartar sauce           |
| Buttermilk            | Grapes                   | Pear juice            | Tea                    |
| Cacciatore            | Grapefruit               | Pears                 | Thousand Island drsg   |
| Caesar salad dressing | Grapefruit juice         | Pepper/peppers (all   | Tomatoes               |
| Cantaloupe            | Guava                    | kinds)                | Tomato juice           |
| Capers                | Honey                    | Pesto sauce           | Tomato paste           |
| Carbonated beverages  | Honey Dijon salad drsg   | Picante sauce         | Tomato sauce           |
| Chardonnay            | Horseradish              | Pickled foods         | Tomato soup            |
| Cheese                | Hot cherry peppers       | Pineapple             | Tortilla chips (spicy) |
| Chemical additives    | Hot sauce                | Pizza sauce           | Tuna                   |
| Cherries              | Ibuprofen                | Plums                 | Vinegar                |
| Chianti               | Italian salad dressing   | Poppy seed salad drsg | White wine             |
| Chicken liver         | Jalapeños                | Pomegranate           | Wine (all kinds)       |
| Chili                 | Ketchup                  | Prunes                | Worcestershire sauce   |
| Chili peppers         | Lemon dill dressing      | Raisins               | Yogurt                 |
| Chocolate             | Lemon juice              | Ranch salad dressing  |                        |