

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, and beverages that contain caffeine and alcohol should be limited.

However, not all foods affect people in the same way. Here are some simple steps to identifying the specific foods that affect your bladder.

## 1) Keep a food diary.

Record the foods you eat and how much. Be sure to include any supplements you take.

## 2) Document which foods worsen your bladder symptoms.

## 3) Eliminate foods from your diet that cause problems

If you're still unsure which foods are causing problems, begin by eliminating foods from the list below one at a time. Then, reintroduce them to determine which foods trigger your symptoms.

### Drinks

- Alcoholic beverages
- Beer
- Wine
- Chocolate drinks
- Coffee (even decaf)
- Diet Drinks
- Hot chocolate
- Soda
- Tea
- Most Juices - (including those made from the fruit and vegetable list)

### Additives & Ingredients

- Artificial sweeteners, ingredients, and colors
- Ascorbic acid
- Aspartame
- Brewer's yeast
- Curry (hot)
- Cayenne
- Molasses
- Monosodium Glutamate (MSG)
- Preservatives
- Saccharin
- Sugar
- Vinegar
- Worcestershire Sauce

### Fruit

- All Citrus Fruits
- Apples
- Applesauce
- Apricots
- Bananas
- Berries (all kinds)
- Cherries
- Cranberries
- Fruit cocktail
- Grapefruits
- Grapes
- Kiwis
- Lemons
- Limes
- Mango
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapples
- Pomegranate
- Prunes
- Raisins
- Strawberries
- Tangerines
- Tomatoes

### Other

- Chocolate

### Vegetables

- Artichoke hearts
- Beets
- Bell peppers
- Capers
- Chili peppers
- Cucumbers
- Fermented Foods
- Hot Peppers
- Jalapeños
- Lentils
- Lima beans
- Mashed Potatoes
- Olives
- Onions
- Peppers (all kinds)
- Pickled foods
- Red cabbage
- Sauerkraut
- Tomatoes and products of tomatoes (paste, sauce, soup)

### Dairy

- Bleu cheese
- Buttermilk
- Cottage Cheese
- Moldy cheeses
- Sour cream
- Yogurt

### Meat & Fish

- Aged, canned, cured, processed, prepackaged, or smoked meats/fish
- Deli meats heavily spiced, salted, or seasoned.

### Condiments

- Barbecue Sauce
- Caesar dressing
- French dressing
- Honey
- Honey Dijon dressing
- Horseradish
- Italian dressing
- Mayonnaise
- Mustard
- Mint jelly
- Pesto Sauce
- Picante Sauce
- Pizza Sauce
- Ranch dressing
- Relish
- Salsa
- Steak sauce
- Sweet & Sour sauce
- Tabasco sauce
- Tartar sauce
- Vinaigrettes