Continence Center- Mercy

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DIETARY IRRITANTS TO THE URINARY TRACT

AVOID these foods and beverages: They are bladder irritants.

All Alcoholic Beverages	All acidic foods	Apples
Grapes	Vinegar	Cantaloupe
Apple juice	Cranberries	Strawberries
Lemon juice	Guava	Spicy Foods
Carbonated drinks	Peaches	Tomatoes
Pineapple	Plums	
Coffee	Onions	

Other Possible Bladder Irritants:

- Sugar substitutes
- Hot spices
- All wheat, rye, com, barley, and their derivatives
- Grain alcohol
- Liquid glucose
- All vegetable fats EXCEPT olive oil
- Bean family including ground nuts and cocoa bean (this means chocolate)

Substitutions That You Can Make In Your Diet:

1. Coffee that has the acid removed, i.e. KAVA and ROMBAUTS are two brands found in grocery stores

2. Herbal tea that does not contain a large amount of citrus. Make tea weak by quickly dipping tea bag in hot water just to turn water color.

3. OVALTINE instead of chocolate drinks

4. Fruit juices: Apricot nectar, Pear nectar, and Papaya juice

5. Late harvest dessert wine (low acid content)

6. Fructose, as found in SUPEROSE instead of NutraSweet or Saccharine.

7. Carob in place of chocolate in a recipe.

8. Orange or lime peel scrapings for flavor. Do not use the white part of rind

9. Pine nuts in place of other nuts.

10. Breads made with potato flour, soya flour or rice flour.

Vitamins:

Vitamin C - only calcium ascorbate co-buffered with calcium carbonate
Vitamin E - take in powdered form instead of oil capsules
Vitamin B - only use B6

References:

You don't have to live with CYSTITIS! Larrian Gillespie, MD, Rawson Associates, New York, 1986.

CYSTITIS. THE COMPLETE SELF-HELP GUIDE, Angela Kilmartin, Warner Books, New York, 1981