



## Bladder Irritants

Some of the foods you consume may cause bladder irritation. The best way to determine which foods is to eliminate those foods you suspect may be causing the irritation and find out if your symptoms improve. Begin by eliminating one food at a time rather than multiple foods. You may also want to keep a food diary in which you record everything you eat and drink to help you identify problem foods. While the list of foods that can contribute to bladder irritation is long, you may find that only a few of these affect you.

### Most Common Food Irritants

- Tomatoes and tomato products
- Citrus fruits and juices (e.g., orange, grapefruit, and lemon)
- Cranberries and cranberry juice
- Coffee (both decaf and regular)
- Tea (e.g., black, green, and herbal)
- Carbonated beverages
- Alcohol
- Chocolate (white chocolate and carob may be tolerated)
- Artificial sweeteners
- Spicy foods

### Other Considerations

- It is important to drink enough fluid to avoid concentrated urine, which can irritate the bladder.
- Over-the-counter (OTC) medications that contain caffeine, ephedrine, or pseudoephedrine and vitamin C may cause bladder irritation.

### Other Foods That May Cause Irritation

- Nuts (almonds, cashews, pine nuts, and sunflower seeds may be tolerated)
- Processed, smoked, and canned meats and fish as well as any products that contain nitrates or nitrites (e.g., hot dogs, salami, bologna, and ham)
- Soy beans, soy foods (including soy milk), and soy sauce (because it is fermented)
- Fava and lima beans
- Aged cheese (processed cheese, such as American cheese, is often tolerated)
- Yogurt and sour cream
- Rye and sourdough bread
- Tolerance for fruits varies greatly; try one type of fruit at a time (pears, blueberries, and melons, with the exception of cantaloupe, are generally the best tolerated)
- Salad dressings and condiments made with lemon and vinegar (e.g., mayonnaise, mustard, and ketchup)
- Some food additives (e.g., citric acid and monosodium glutamate/MSG)