

Diet

There is no scientific evidence linking diet to IC / BPS, but many doctors and patients find that alcohol, tomatoes, spices, chocolate, caffeinated and citrus beverages, and high-acid foods may contribute to bladder irritation and inflammation. Some patients also note that their symptoms worsen after eating or drinking products containing artificial sweeteners. Patients may try eliminating various items from their diet and reintroducing them one at a time to determine which, if any, affect their symptoms. However, maintaining a varied, well balanced diet is important.

Five foods/beverages to avoid

The list below details foods/beverages that commonly worsen symptoms for IC patients. If your symptoms feel aggravated after consuming one of these; there is a likelihood that this is a trigger for you.

#1 Coffees & Teas

In a sensitive bladder, the acid, caffeine and tannins in coffee/tea may cause intense irritation and discomfort.

#2 Cranberry & Other Fruit Juices

Citrus juices such as orange juice, grapefruit juice, lemonade, will also be very irritating to the bladder.

#3 Carbonated Beverages

Diet colas in particular contain acidic carbonation, citric acids, caffeine, and artificial sweeteners; four well known bladder irritants.

#4 Tomato Products

A very acidic fruit, low acid tomatoes may be favourable substitutes for some IC patients.

#5 Multivitamins

The Vitamin C (Ascorbic Acid) and Vitamin B6 in multivitamins may irritate the IC bladder.

Smoking

Many patients feel that smoking makes their symptoms worse. How the by-products of tobacco that are excreted in the urine affect IC / BPS is unknown. Smoking, however, is the major known cause of bladder cancer. Tobacco also acts to constrict the bladder's blood vessels, interfering with the body's natural method of washing out inflammatory substances from the bladder tissues. Therefore, one of the best things smokers can do for their bladder and their overall health is to quit.



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IC/BPS: Dietary & Lifestyle Recommendations

for patients of



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The IC Diet:

A list of problem food

There are a variety of lists which discuss the diverse IC/BPS food irritants. The problem foods listed below are the most common ones that thousands of IC patients have reported trouble with. The goal is to determine if these foods irritate you, perhaps by using an elimination diet. This list is only a rough guide.

Please note: About 15% of women with IC/BPS also have vulvar pain (vulvodynia). Some of the foods in the "May Be Okay" column have high levels of oxalates, which women with vulvodynia react to.

USUALLY OK	MAY BE OK	USUALLY PROBLEMATIC
BEVERAGES		
Chamomile Herb Tea, Water Pear Juice Pure Blueberry Juice Milk Peppermint Herb Tea	Alfalfa Tea Bottled Water Herbal Coffees Low Acid Decaf Coffee Low Acid Baby Juices Gin, Rice Milk Root Beer with Ice Rum, Tap Water, Vodka	Beer, Carbonated Water Chocolate Milk Citrus Juices Cranberry Juice Herb Tea Blends Green Teas Most Fruit Juices Regular Coffee Sodas, Soy Milk Tea, Wines
GRAIN PRODUCTS		
Buckwheat, Corn Bread, Couscous, Matzo, Millet, Oat Bread, Oatmeal, Pasta Pitas, Potato Bread Quinoa, Rice, Spelt, White Bread	Amaranth Rye Bread Sourdoughbread Some Graham Crackers with/without problem ingredients Whole Wheat Bread	Bread or Cereal with Preservatives Soy Flour
FATS & NUTS		
Butter, Canola Oil Coconut with/without Preservatives Coconut Oil, Corn Oil Margarine, Olive Oil Peanut Oil, Safflower Oil, Sesame Oil, Shortening, Soy Oil	Almonds Almond Butter Cashews Tahini Sunflower Seeds	Hazelnuts Macadamia Nuts Mayonnaise Most Salad Dressings, Peanuts Pecans, Pistachio Nuts English and Black Walnuts
SOUPS		
Homemade Soups from OK meats and vegetables	Chicken Broth Some Canned Soups with/without problem ingredients	Bouillion Cubes Bouillion Powder Most packaged and canned soups

USUALLY OK	MAY BE OK	USUALLY PROBLEMATIC
MEAT, FISH & POULTRY		
Beef, Chicken Eggs, Fish, Lamb Liver (Beef Or Chicken) Pork, Shellfish, Shrimp Turkey, Veal	Anchovies, Bacon Canadian Bacon Caviar, Corned Beef Liverwurst, Prosciutto Some Sausages with/without problem ingredients	Bologna Ham Hot Dogs Most Sausage Pepperoni Salami Smoked Fish
CHEESES & OTHER DAIRY		
Cream Cheese Cottage Cheese Feta Mozzarella Ricotta String Cheeses Whipped Cream Vanilla Ice Cream	Buttermilk Canned Parmesan Whipped Cream Monterey Jack Some Sherbets Some Frozen Yogurt	Aged Cheeses Blue Cheese, Brie, Brick Parmesan Camembert, Cheddar Edam, Emmenthaler Gruyere, Hard Jack Roquefort, Sorbet Soy Milk, Soy Cheese Sour Cream, Stilton Swiss, Yogurt
VEGETABLES & DRIED BEANS		
Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Chives, Collard Greens Courgette, Corn, Cucumber, Kale, Lentils, Lettuce Mustard Greens Mushrooms Most Dried Beans, Okra, Parsley, Peas, Potatoes, Pumpkin, Radishes, Snow Peas, Split Peas, Summer Squash, Sweet Potato, Turnips, Winter Squash	Aubergine Avocado, Beets Chicory Cooked Bulb Onions Cooked Leeks Dandelion Greens Low Acid Tomatoes Purslane Raw Green Onions Rhubarb, Rutabagas Swiss Chard Spinach Turnip Greens Watercress	Chili Peppers Fava Beans Lima Beans Pickles Raw Bulb Onions Sauerkraut Soy Beans, (Edamame) Tomato Tomato Sauces Tomato Juice Tofu
FRUIT		
Dates with/without Preservatives Coconut with/without Preservatives Pears - Pear Pear Bars - Pear Blueberry Bars	Bananas, Blueberries Brown Raisins Cherimoya, Citrus Peels Crenshaw Melon Dried Currants Gala Apples, Honeydew Mango (small amount) Maraschino, Cherries Rhubarb, Watermelon - Cinnamon Pear Jelly - Cinnamon Pear Maple Syrup - Blueberry Preserves	Apricots, All Citrus Fruit Cantaloupe, Cherries Dried Fruit with preservatives Peaches, Most Plums Most Dried Figs Golden Raisins Grapes, Guava Kiwi Fruit, Most Berries Passion Fruit Papaya, Persimmon Pineapple, Starfruit

USUALLY OK	MAY BE OK	USUALLY PROBLEMATIC
DESSERTS & SWEETS		
Brown Sugar Carob Carrot Muffins or Cake Creme Brulee Custards, Divinity Homemade Pound Cake Homemade White/ Yellow Cakes Homemade Vanilla Frosting Homemade Caramel Frosting Honey, Licorice Maple Syrup Pear Pastries Sugar Sugar Cookies Tapioca Vanilla Ice Cream Vanilla Pudding Vanilla Cake Mix Vanilla Frosting Mix Corn Muffins Carrot Muffins Apple Muffins Vanilla Pudding	Banana Bread Blueberry Pastries Caramel Candies Peppermint Ice Cream Plain Pastries with Almonds Plain Cheesecakes Some Frozen Yogurt Some Hard Candies with/without acids Some Popsicles Sucralose Stevia White Chocolate	Acesulfame K Aspartame Chocolate Coffee Ice Cream Desserts with problem Nuts Ketchup Mustard Pastries with problem Fruits Pecan Pie Sorbets Store-Bought Fruitcakes Mincemeat Pie Saccharine
SEASONINGS & ADDITIVES		
Allspice Almond Extract Anise, Basil Caraway Seed Coriander Dill Fennel Garlic Mace Marjoram Oregano Poppy Seed Rosemary Sage, Salt Thyme Tarragon Vanilla Extract	Black Pepper Celery Seed Cinnamon Coriander Cumin (small amount) Dried Parsley Dried Chervil Ginger Lemon Extract Malt Powder Nutmeg Onion Powder Orange Extract Turmeric	Ascorbic Acid Autolyzed Yeast BHA & BHT Benzoates Caffeine Cayenne Cloves Chili Powder Citric Acid Hot Curry Powder Hydrolyzed Protein Meat Tenderizers Miso Oleoresin Paprika Paprika Red Pepper Soy Sauce Tamari Vinegar Worcestershire Sauce MSG (Monosodium Glutamate) Metabisulfites Sulfites