

BLADDER IRRITANTS

Certain foods can contribute to urinary frequency, urgency, and discomfort. Below is a list of irritants, Eliminate the foods that make your symptoms worse for 10 -14 days. Once you are feeling better, you can begin to add foods back into your diet, one at a time. If your symptoms return, you should avoid that food. Be sure to drink plenty of water.

- Alcoholic beverages
- Apples & apple juice
- Cantaloupe
- Carbonated beverages (including diet)
- Chili & spicy foods
- Citrus fruit
- Chocolate
- Coffee (including decaffeinated)
- Cranberries & cranberry juice
- Grapes
- Guava
- Peaches
- Pineapple
- Plums
- Strawberries
- Sugar
- Tea
- Tomatoes
- Vitamin B Complex
- Vinegar