

Bladder Irritating Foods

Foods that may irritate the bladder

Eliminate all the foods on this list. As improvement is noticed after a few weeks, begin to reintroduce desired foods on this list one at a time to determine which food(s) cause a problem. Many people find that they can tolerate some of the foods on this list in limited, occasional amounts.

- All Alcoholic beverages
- Apple Juice
- Beer
- Canned Figs
- Carbonated Drinks
- Cheese
- Chilies/Spicy Foods
- Citrus Fruits
- Corned beef
- Fava Beans
- Guava
- Lentils
- Nuts
- Nutrasweet
- Peaches
- Pineapple
- Prunes
- Rye Bread
- Sour Cream
- Strawberries
- Tomatoes
- Vitamins-buffered with aspartame
- Apples
- Bananas
- Brewer's Yeast
- Cantaloupes
- Champagne
- Chicken Livers
- Chocolate
- Coffee
- Cranberries
- Grapes
- Lemon Juice
- Lima Beans
- Mayonnaise
- onions (raw)
- Pickled herring
- Plums
- Raisins
- Saccharin
- Soy sauce
- Tea
- Vinegar
- Yogurt

Alternative

This list offers food alternatives to the foods on the list above

- Alcohol or wines (only as flavoring)
- Apple (small)
- Coffee (acid-free Kava) or highly roasted
- French sauternes
- Onions (cooked)
- Peanuts
- Processed cheese (non-aged)
- Spring Water
- Sun tea
- White chocolate
- Zest of orange or limes
- Almonds
- Blueberries
- Extracts (brandy, rum, etc)
- Imitation Sour Cream
- Orange Juice (reduced acid)
- Pears
- Shallots
- Strawberries (1/2 cup)
- Tomatoes (low acid)
- Wines (late harvest)