



Bladder Irritants

There is no specific diet that can cure you bladder problems. However, there are certain dietary habits that may affect your bladder.

Many people who have bladder problems reduce the amount of liquid that they consume hoping to urinate less often. Actually, reducing your fluid intake causes concentration urine. Concentrated urine can be irritating to the bladder lining increasing symptoms. Decreasing your fluid may also encourage the growth of bacteria leading to urinary tract infections.

Certain foods and beverages are thought to contribute to bladder problems and are classified as **possible bladder irritants**. The reasons are not always understood. You may wish to eliminate some of the following to see if your symptoms improve. Eliminate one at a time for at least a week to see how it affects your symptoms.

- Coffee, tea – even decaffeinated (herbal teas are okay)
- Caffeine – soda, coffee, tea, medicines containing caffeine (Excedrin)
- Alcoholic beverages
- Carbonated beverages
- Citrus fruits and juices – oranges, grapefruit, cranberries
- Tomatoes and tomato based products
- Spicy foods
- Aged cheeses
- Canned, cured, smoked, and processed meats
- Sugar, honey, corn syrup
- Chocolate – it contains caffeine
- Artificial sweeteners (NutraSweet) – especially in diet soda

Water is the best beverage to drink. Other non-irritating choices include herbal tea, milk, apple juice, grape juice, pear and peach nectar. Cottage cheese, blueberries, melons, white chocolate, pasta, rice, potatoes, most breads, poultry, fish, and garlic are generally thought not to cause bladder irritation.

Remember that the above lists of foods are only **possible bladder irritants**. You may find that many of these foods do not affect your bladder symptoms. Cutting out all these foods and beverages may lead to a boring and over restricted diet without sufficient variety and may even be deficient in important vitamins and nutrients.