



OUR TOP TEN FOOD TRIGGER LIST

The food and drinks we consume can play a significant role in our IC symptoms, particularly if we have been eating foods which are known bladder irritants. An easy rule of thumb for those patients who are having flares is to avoid acids, alcohol and salts, each of which can easily cause a wound to sting. Yet every individual has different tolerances to foods and IC patients can be very unique in their specific diet triggers. The following represent foods which cause bladder irritation and/or IC flares.

#10: Sodas (Diet % regular) of any type: Diet coke- a quadruple whammy of carbonation, caffeine, NutraSweet and cocoa derivatives, four well known and documented bladder irritants. Taken all at once could be an IC patients worst trigger.

#9: Strawberries & other acidic fruits: One of the most acidic of all fruits, strawberries can be deceptively healthy until in the bladder. Lemon, orange, grapefruit, pineapples and or plums have been know to inflame our sensitive bladders.

#8: Chocolate: Yes we know that chocoholics will hate this one. But if you do your research you'll find that chocolate is one of the worst irritants for the body. It is know to contribute to migraine headaches and food allergies. Some recommend trying white chocolate as an alternative. But, wouldn't it just be better to avoid it all together for a while?

#7: Alcohol: Do you remember how Bactine used to sting on small cuts? Well, just imagine how this would feel when done inside your body on far more sensitive tissues. That means that wine, beer, champagne and even wine sauces could be irritants. When in doubt, keep it out.

#6: Tobacco: Could you quit if it came to a choice between IC pain and tobacco? Nuff said here!

#5: Herbal Teas: IC patients can be sensitive to herbs, particularly teas that have many ingredients. If you're determined to continue, try experimenting with one or two ingredients at a time. That way you'll be able to tell if a particular herb irritates you.

#4: Tomatoes, Tofu and some beans: Frequently found in some diets; tomatoes are very acidic and worth avoiding. Some IC patients rave about low acid yellow tomatoes as a good alternative. Fava, Lima & Soybeans are also potential irritants.

#3: Spicy foods, food additives & seasonings: If it burns your stomach, odds are it's going to burn your bladder as well. Between the salt of MSG and the abrasiveness of the Nitrates found in prepared meats odds are you might feel much worse after eating these as well. Garlic however is usually okay!

#2: Coffee: In a sensitive bladder, coffee has no competition (other than our #1 choice) for causing bladder irritation. Some can tolerate low-acid coffees, while others try teas. For the most sensitive IC patient, the best option for a hot drink in the morning... hot water and honey!

#1: Our number one offender - Cranberry Juice: Otherwise known as the ACID BOMB when it hits the bladder cranberry juice may be the most frequent irritant in a IC patients diet. Recommended for consumption during urinary tract infections, Cranberry juice can be very difficult for an IC bladder to tolerate. If your addicted to it... at least dilute it by half or more!