

### Dietary Therapy for Interstitial Cystitis

Many of the foods and drinks that you consume may be unknowingly contributing to your pelvic discomfort and bladder symptoms. This is a partial list of well tolerated items as well as irritating items that are commonly associated with IC. However, there will likely be some “trial and error” as you determine how each food affects your bladder

Foods that are usually **WELL TOLERATED** by patients with IC:

Liquids	Foods	Additives
Spring water	High fiber diet (rice, pasta) Potatoes All vegetables Chicken (not chicken livers)	Almonds Peanuts Pine nuts
Fruits	Vegetables	Desserts
Blueberries Apples	Tomatoes	White chocolate

Items that may **IRRITATE** your bladder:

Liquids	Foods	Additives	
Alcohol - Beer, wine, champagne Caffeine Coffee Carbonated drinks	High protein meals Smoked / BBQ foods Aged cheese Fried food Corned beef	Soy sauce Artificial sweeteners Sour cream Vinegar Mayonnaise Chilies / spicy	
Fruits	Vegetables	Breads	Desserts
Plums Prunes Raisins Pineapple Peaches Cranberries Strawberries Bananas	Lima beans Sprouts Lentils Onions Avocado	Rye	Chocolate Yogurt