

# Bladder Irritants

## Bladder Symptoms

Certain foods can contribute to urinary frequency, urgency, and discomfort. If bladder symptoms are related to dietary factors, a diet that specifically eliminates the foods that cause problems should bring noticeable relief within 10 days. Once you are feeling better, you can begin to add moderate amounts of the concerning foods back into your daily diet one at a time. If symptoms reoccur, you will be able to identify the irritant. It is important to drink lots of water as you add the foods back into your diet.

The following foods are acidic and have been shown to irritate the bladder:

- Alcoholic Beverages
- Apples
- Apple Juice
- Cantaloupes
- Carbonated Drinks
- Chilis/Spicy Foods
- Chocolate
- Citrus Fruits
- Coffee (Including Decaf)
- Cranberries
- Grapes
- Guava
- Peaches
- Pineapple
- Plums
- Strawberries
- Tea
- Tomatoes
- Vinegar
- Vitamin B Complex



### Substitution Options:

**Low-acidic fruits:** Pears, Apricots, Papaya, Watermelon

**Coffee Drinkers:** KAVA (low-acid instant), Cold Brew from Starbucks™, Pero, Postum

**Tea Drinkers:** Non-Citrus Herbal, Sun-Brewed Tea

**Vitamin C Substitute:** Calcium Carbonate Co-Buffered with Calcium Ascorbate