

A Dietitian's Story

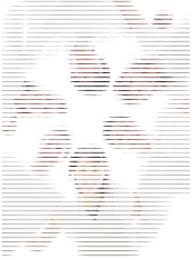
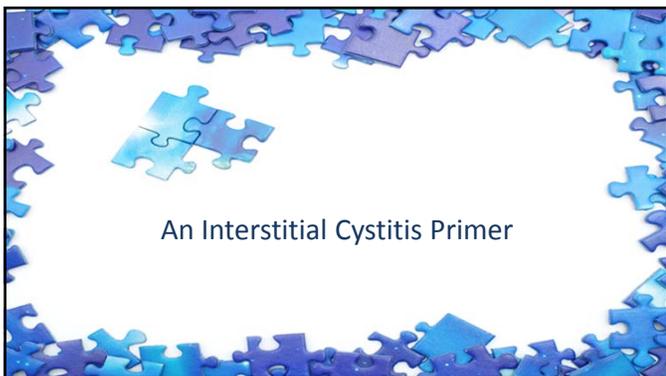
- IC patient: Diagnosed 1998
- Moderator for Interstitial Cystitis Network (ICN) Message Boards
- Write articles about IC and Diet for various publications including ICN and Interstitial Cystitis Association (ICA)
- Counseled IC patients on diet
- Author
 - *Customizing the Interstitial Cystitis Diet*
 - *Confident Choices: A Cookbook for IC and OAB*
 - *Interstitial Cystitis: A Guide for Nutrition Educators*

Objectives

- What is interstitial cystitis?
- Profile of interstitial cystitis patients
- Research about dietary changes and IC
- Diet modification process
- Tools that can help IC patients
- Frequently asked questions by patients and providers about IC
- Gain valuable insight into other lifestyle modification aspects of treatment

What Are MY Goals?

- Instill confidence in you so you can instill "hope" in your IC patients
- Create a community of dietitians who understand IC across the country so we can refer patients confidently
- Inspire research dietitians and graduate students to explore the IC & diet connection more thoroughly

What's in a Name?

- Interstitial cystitis or IC (common)
- Painful bladder syndrome or PBS (transitional)
- Bladder pain syndrome or BPS (Europe)
- Hypersensitive bladder syndrome or (HBS)(Asia)

In addition:

- Chronic or non-bacterial prostatitis
- Pelvic floor dysfunction
- Urethral syndrome

We are just going to call it "IC"





Brief Definition

According to the **Interstitial Cystitis Association** (www.ichelp.org), interstitial cystitis or IC, “is a condition that consists of

- recurring pelvic pain, pressure, or discomfort in the bladder and pelvic region, often associated with
- urinary frequency (needing to go often) and
- urgency (feeling a strong need to go).”



History of IC/PBS

1836	First documented case of IC
1887	Skene first describes inflamed bladder with damaged mucosa calling it “interstitial cystitis.”
1914	Hunner documents bladder ulcers: Hunner’s ulcers
1944	IC is documented in men
1953	IC is documented in children
1950s	The beginning of the “dark ages”
1984	Vicki Ratner, physician with IC, forms Interstitial Cystitis Association—advocacy, patient support, research
1987	First NIDDK research criteria established/updated 1988
1991	Interstitial Cystitis Data Base (NIDDK)
2007	First substantial study on IC and diet
2009	Task force to redefine “IC Diet”
2011	AUA diagnostic and treatment guidelines include diet modification



1987 NIDDK Research Criteria

- Hunner’s ulcers (automatic diagnosis)
- At least two of the following:
 - Pain with full bladder—relieved by emptying
 - Suprapubic, pelvic, vaginal, and/or perineal pain
 - Glomerulations on endoscopy
 - Reduced bladder capacity

(Note: No mention of frequency or urgency)



1988 NIDDK Research Criteria

- Hunner’s ulcers (automatic diagnosis)
- At least two of the following:
 - Pain with full bladder—relieved by emptying
 - Suprapubic, pelvic, vaginal, and/or perineal pain
 - Glomerulations on endoscopy
 - Reduced bladder capacity
- 1988: Revised for exclusions:
 - No disease that could mimic IC (cancer, prostatitis, bacterial cystitis, genital herpes)
 - Age restrictions
 - Metrics placed on cystoscopy



Problem?

- NIDDK criteria were for research only to establish homogeneous subject groups
- Physicians (unfamiliar with IC) used NIDDK guidelines for clinical diagnosis
- Reinforced the “all in your head” theory
- Men with non-bacterial prostatitis—IC?
- Children?
- Bottom line: criteria good for research, bad for patients.
- Left out 60% - many of whom might respond to dietary modification



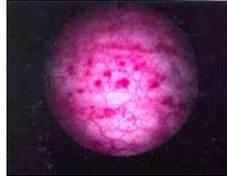
RAND IC Epidemiology Study

- Between 3 and 6%, or up to 8 million women in the US have IC*
- In addition, up to 4 million men likely have IC
- These numbers are probably low since IC is often confused with other commonly diagnosed conditions such as chronic prostatitis or chronic pelvic pain syndrome.

*Barry, S. H., Stoto, M.A., Elliott, M., et al. (2009). Prevalence of interstitial cystitis/painful bladder syndrome in the United States. *Journal of Urology* 181:20–21. Abstract 56.

Pathophysiology

- Symptoms similar to a bladder infection, but sterile urine (cold vs. allergies)
- Fundamental problem is damaged bladder lining:
 - Glycosaminoglycans (GAG) layer (the protective mucous coating on the surface of the bladder)
 - Urothelial layer (the skin-like barrier that transmits the messages of pain and urgency to the brain)
 - Hunner's ulcers
 - Mastocytosis



Symptoms

- Pain with full bladder, relieved on voiding (compared to cancer pain or 15 on a scale from 1 to 10)
- Other pain that may or may not be perceived as coming from the bladder: Generalized pelvic pain syndrome
- Frequency & urgency (seems to come out of nowhere)
- Nocturia (voiding at night)
- Dyspareunia (painful intercourse)
- Hormonal pain
 - Premenstrual
 - Perimenopause



Diagnosis

- Many doctors (even urologists) are not trained in IC diagnosis/treatment. May take several years/several doctors
- Rule out other causes of bladder pain and symptoms (cancer, infection, endometriosis, candida yeast infections, **overactive bladder**)
 - Screening questionnaires
 - Cystoscopy & hydrodistention
 - Potassium Test
 - Lidocaine Test
 - Ultimate: Biomarker to add to a standard urinalysis



Treatments

- Self-care: Rest, stress relief, dietary modification
- Only one specific medication: Elmiron®
- Antihistamines, antidepressants, anti-inflammatory, narcotics (oral, patches, suppositories (Sometimes meds have to be compounded without additives))
- Physical therapy
- Surgical treatments
- Neuromodulation



Bladder Removal Last Resort



Comorbidities

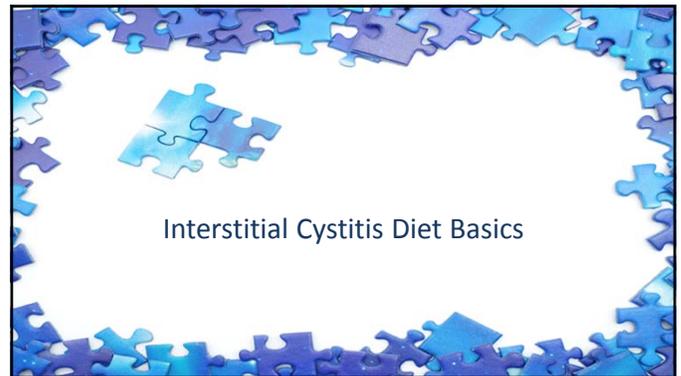
- Depression, anxiety, catastrophization,
- Pelvic floor dysfunction, endometriosis, migraines, irritable bowel syndrome, chronic fatigue syndrome, fibromyalgia, allergies, asthma, vulvodynia, gluten intolerance
- Weight management often a problem





Emotional Challenges

- Look fine on the outside, incredible pain inside
- Previously mentioned mood disorders
- Social and relationship challenges
- Stages of Change offers useful vocabulary
- May miss appointments because of symptoms—
 - Call to reassure
 - Offer phone/video consultations



Interstitial Cystitis Diet Basics



Is There an IC Diet?

- Historical resistance to diet connection
- Anecdotal reports from IC patients and physicians
- 1990's Internet provided avenue for sharing of experiences, casual experimentation
- Various versions of the "IC Diet"
- No "evidence" until a few years ago



ICA 2004 Online Survey*

- 92% of patients reported that certain foods or beverages make their symptoms worse.
- Over 84% of those patients reported some symptom relief by modifying their diet.
- I do not know of any other therapy for IC that can boast those numbers.

*Retrieved from <http://www.ichelp.org/youropinion/Survey-Diet-Results.html> (no longer available)



2007 Formative Research



*Shorter, B., Lesser, M., Moldwin, R., Kushner, L. (2007). Effect of Comestibles on Symptoms of Interstitial Cystitis. *The Journal of Urology*, 178 (145-152).



Top Trigger Foods

The most bothersome foods/beverages are what patients had told us for years:

- Coffee and most tea
- Soda (particularly diet)
- Alcoholic beverages
- Citrus fruits and juices
- **Cranberry juice**
- Tomato products
- Soy
- Artificial sweeteners
- Hot pepper & spicy foods





2011 AUA Guidelines

In the document, "Diagnosis and Treatment of Interstitial Cystitis/Bladder Pain Syndrome,"* the American Urological Association recommended **self-care techniques** including **diet modification** as one of the first line treatments for newly diagnosed patients.

They also mention **registered dietitians** as partners in an IC patient's treatment plan.

*American Urological Association (2011). Diagnosis and Treatment of Interstitial Cystitis/Bladder Pain Syndrome. Retrieved from http://www.auanet.org/content/guidelines-and-quality-care/clinical-guidelines/main-reports/ic-bps/diagnosis_and_treatment_ic-bps.pdf



How Does Diet Affect IC Symptoms?

- Allergic reaction (sensitivity), mast cell degranulation
- Exciting the nerves (such as caffeine)
- Exploring the acid/alkaline connection
 - Not necessarily scientifically valid
 - Acid in doesn't always equal acid out
 - Alkaline urine also seems to affect the bladder
- Gluten sensitivity? Maybe 14%



Where to Begin? Start Simple

Again, the modified list from Moldwin/Shorter study:

- Coffee, most tea (even decaffeinated)
- Artificial sweeteners & many preservatives & MSG
- Chocolate
- Soda (particularly diet)
- Alcoholic beverages
- Citrus fruits and juices
- Cranberry juice
- Tomato products
- Soy
- Hot pepper & spicy foods



Need More Help? IC/PBS Food List

- Three column list—last pages of handout
 - Bladder Friendly
 - Try It
 - Caution
- Based on emerging research and patient/clinician observations
- Objective is to give patients wider options for food and nutrition & provide empowerment



"Elimination" Diet

- Just a way to sort out trigger foods
- No need to start with classic elimination diet with IC! We know many of the most common bladder irritants— and we know foods that are usually ok: **Bladder Friendly List**
- Try to keep things positive: concentrate on things patients CAN have & should have:
 - high quality proteins
 - omega-3 fatty acids
 - less processed foods



Stages of Elimination Diet

- Determine patient's baseline—1 week
 - Voiding and Pain Diary
 - Food Intake Diary
- Wash-out period—2 to 3 weeks
 - Only foods from "Bladder Friendly" list
 - Continue diaries
 - Stay here until symptoms are somewhat relieved...could be months
- Reintroduce foods—3 days plus per food





RDNs Can Help with Planning

- Be careful when starting multiple treatments
- Make sure patient has time to focus on this (ex: not the months preceding her son's wedding!)
- Create menus in advance/grocery lists
- Include family in planning process
- Ingredient substitutions
- Encourage alternative seasonings



Foods to Test First

- Help patients make a plan of action!
- Foods that add flavor (onions, spices)
- Foods that they miss the most
- Foods high in nutrition
 - Blueberries and raspberries
 - Bananas
 - Whole grain breads
 - Low-acid orange juice
 - Almonds



Other Ways to Maintain Nutrition

- Determine individual, personal trigger foods and only avoid those, not what others avoid.
- Portion size and preparation techniques may make a difference. (e.g. slice of tomato vs. tomato sauce)
- Different foods may affect patients' at different stages of the disease
- "Rotate" troublesome foods



Help with Menu Creation

- Planning
 - Reinforces new eating
 - Becomes template for grocery shopping
- Start with pre-created menus (breakfast, lunch, dinner, snacks) Have patient modify in your presence for preferences
- Provide templates (fill in together)
- Create 3 or 4 week "rotation" type menus
- Be sure to include family members
 - Include foods they can eat
 - Helps educate family members
- Designate one day/week new recipe day

"You don't have to cook fancy or complicated masterpieces – just good food from fresh ingredients." Julia Child



Simplify Food Preparation

- Double and freeze leftovers
- Engage family members in food preparation
- Use convenience items (not processed) to streamline cooking (pre-cut vegetables)
- Minimize clean-up: Bag cooking, bags for slow-cookers, paper plates, line pans with foil or parchment paper



Be Persistent!

- Sometimes diet doesn't seem to help
- Many factors can influence intensity of IC symptoms
- Use voiding/pain diary to record medications, activities, sleep patterns, stress
- May need to do the elimination diet at a later date
- Consider adding tests for allergies, gluten, or other food sensitivities if symptoms not resolved with basic IC dietary modification





Frequently Asked Questions



What Is an IC Flare?

From *Customizing the Interstitial Cystitis Diet*:

*“An IC flare is **the intense return of IC symptoms** in a patient who has been relatively pain free....*

*Patients in a flare may also experience **extreme fatigue, anxiety and depression** as they struggle to cope with the recurrence of symptoms they thought were under control.”*



How Long from Mouth to Flare?

- No real research, but we have observed:
 - Most foods between half hour and 24 hours
 - Alcohol (other neuroexcitatory agents) may be within minutes
 - Allergens (mast cells stimulators) may take longer
 - May depend on mix of foods ingested



How Long to Recover from Flare?

- Time varies depending on cause for flare—but for food, recovery is perceived to be longer (up to three weeks) for something like caffeine and less (maybe just to the next day) for other foods.
- Best thing is to get back to “safe” diet as quickly as possible. Rest.



Flares: Fighting Back

- Go back to plain foods: eggs, toast, plain meats and fish, green beans, rice, water, pears, corn
- Keep it simple, rest as much as possible
- Practice stress relief – play video games/music/movies
- Baths with Epsom salts or baking soda
- Prelief®, calcium carbonate (Tums®), baking soda in water
- Wear loose clothing (pajama pants/skirts)
- Ask for help, may need stronger medications temporarily
- May need out-patient procedure such as instillations



When to Call Doctor?

- UTI vs. interstitial cystitis flare:
 - Severe pain that is not controlled by normal medications
 - Pain or frequency that is *different* from usual symptoms
 - Fever or chills
 - Difficulty urinating
 - Blood in the urine
 - Cloudy or foul smelling urine





Do Supplements/Meds Trigger Symptoms?

- Cranberry supplements
- Decongestants (Sudafed®), green tea extracts, kola nuts, etc
- Some react to ibuprofen
- B vitamins (B2, B6) and acidic C (some can take Ester C® or alkalized C)
- Multivitamins?
 - Use children’s multivitamins once or twice a day
 - MultiRight™ (Farr Labs, special brand for IC patients, low C, low B6)
- Always best to get nutrition from food



Can Some Supplements Help?

- Acid reducers (Prelief®)
- L-Arginine (increases nitric oxide)
- Glucosamine , Chondroitin, Quercetin (CystoProtek® & CystaQ®)
- Fish oil (omega-3 oils)
- Vitamin D
- Valerian root (used as directed, not with other sedating medications)
- Chamomile
- Desert Harvest® aloe products (not general aloe, but especially formulated for IC patients. They also have a personal gel that can help patients with intercourse or external irritation)



Decaffeinated Coffee/Tea?

- Generally, no. Chamomile/peppermint tea ok
- Some people find coffee substitutes like Pero®, Cafix®, Teccino® a fair replacement
- Low-acid, de-caaffeinated coffees may be ok if patient is stable.
- Try with milk
- Some have reported espresso (lower acid) ok
- BUT.....



Do I Need to Avoid Potassium?

- No, but be careful!
- Legacy of potassium test
- Many patients have ended up in ER
- Most patients can eat bananas/potatoes/avocados



How Do I Gain/Lose Weight?

- The question is, “Why the weight changes?”
 - Anytime you change eating/exercise habits
 - Patients afraid to eat
 - Patients find they can eat donuts, ice cream, white bread
 - Ketosis may cause bladder pain
- Write everything down
- Eat whole foods, not processed
- Don’t cut calories too drastically
- Small bouts of exercise, don’t overdo
- Manage IC first, then weight



Can I Use Artificial Sweeteners?

No: Saccharin, Acesulfame K, Aspartame

Maybe: Sucralose, sugar alcohols

Probably Okay: Stevia and other “natural” sugar substitutes like honey, date sugar, agave





What Water Can I Drink?

- Most patients can drink tap water
 - Filtered well water
 - City water that is not too chlorinated
- Bottled water WITHOUT additives
- Take own bottled water
- Alkalinizing water not necessary, may backfire
- Flavor water with cucumber slices, blueberries



What Can I Drink Besides Water?

- Milk, almond milk, rice milk (no soy)
- White hot chocolate
- Pear juice
- Blueberry juice
- Chamomile and peppermint teas
- Honey in hot water
- Smoothies/shakes made with safe ingredients
- Coffee substitutes mentioned
- Maybe low acid orange juices
- Maybe root beer or flat regular soda



What About Alcohol?



Common Ingredient Substitutions

- Tomatoes:** Red bell pepper for color, flavor, and nutrition. Pesto or white sauces on pasta
- Lemon juice for flavor:** Zest (grated peel) of lemon or lemon oil flavoring
- Lemon juice or vinegar:** Pear juice or blueberry juice
- Chocolate:** White chocolate, butterscotch, caramel, maple, or vanilla products
- Canned soups:** Fresh soups made with safe ingredients
- Strawberries:** Blueberries (raspberries, blackberries, or rhubarb as tolerated)
- Prepared salad dressings:** Yogurt, blended cottage cheese, or buttermilk (if tolerated) as a base for creamy dressings—add seasoning. Make your own homemade “vinegar” and oil by substituting pear juice or blueberry juice for the vinegar. Or, simply use flavor-infused olive oils.
- Peanuts, pecans, walnuts, macadamia nuts:** Almonds, cashews, pine nuts
- Bouillon (chicken or beef):** MSG-free, organic broth and/or bouillon, homemade stock made with bladder friendly ingredients
- Sausages:** Ground beef, pork, chicken or turkey seasoned with safe herbs and spices



Activities that Can Bother IC

- Running or jogging (alt: walking)
- Sit-ups or crunches (alt: Pilates, yoga)
- Kegels (mixed reviews)
- Riding bikes/exercise cycles (alt: recumbent bike)
- Sexual intercourse (talk to a pelvic floor therapist, nurse, or learn more from other IC patients online)



Stress and IC

- All in patients’ heads? Yes! But not what you think:
- Stress causes incredible chemical changes
 - “Fight or Flight”
 - Mind/Body connection or psychoneuroimmunology (PNI)
 - *Molecules of Emotion* by Candace Pert, PhD
 - *Everything You Need to Know to Feel G(o)od* by Candace Pert, PhD
 - *When the Body Says No* by Gabor Mate



Minimizing the Effect of Stress

- Avoid stress when possible
- Don't procrastinate
- Take on a hobby, or learn something new
- Progressive relaxation, massage (give or get!)
- Exercise
- Get a pet
- Three deep breaths
- Pray or meditate
- Get plenty of sleep



Getting Good Sleep with IC

- Relaxation methods (pray, meditate, guided imagery tapes)
- Take a 30 minute walk after dinner
- Stretch out legs before bed
- Epsom salts or baking soda bath
- Stick-on heating pads (not electrical)
- Chamomile or "Sleepytime" tea
- Warm milk with a few drops of vanilla & honey
- Turn off the TV
- Read something soothing
- Change positions (sleeping on tummy seems to be best, but experiment!)



Questions?



For More Information About IC

- **My contact information:**
 - Website: www.ic-diet.com
 - Email: NutraConsults@aol.com
- **Interstitial Cystitis Association:** www.ichelp.org
- **Interstitial Cystitis Network:** www.ic-network.com

Important: In addition to having a wealth of information about interstitial cystitis and related conditions, these organizations list providers (physicians, nurse practitioners, physical therapists, and dietitian) who are experts in IC. Not only can you find clinicians to market your services to, you can list yourself.



Final Thought?

Listen and learn from your patients.
Help them develop intuition about their own bodies so they can learn to help themselves.



Understanding the Interstitial Cystitis/Painful Bladder Syndrome Diet

Determining Your Personal Trigger Foods

Diet modification is the first line of defense for patients struggling with interstitial cystitis or painful bladder syndrome (IC/PBS). Since sensitivity to various foods can vary among individuals, it is important to determine your personal trigger foods. This three-column system is based on emerging research as well as information gathered from patient and clinician experience.

Step by Step Through the Food Categories

Bladder Friendly includes foods that rarely bother even the most sensitive IC bladders. If you are newly diagnosed, eat these foods until you experience some relief from your symptoms. It may take a few weeks, but do your best to stick with it!

Try It includes foods that are generally safe to eat though they might bother more sensitive bladders. If your bladder is improving, these foods are safe to try. Test one food at a time, beginning with a small quantity such as 1/2 a piece of fruit or a dash of spice, gradually increasing portion size over the course of a few days. If you do not react to the food, you can add it to your own personal "Bladder Friendly" list. If your symptoms flare after consuming a problem food, return to the foods you know to be ok for your bladder until the flare passes.

Caution includes foods which trigger bladder discomfort. Try these foods only if your bladder is no longer sensitive.

Additional Hints

1. **Keep a good food and symptoms diary** while you are experimenting with your diet. It can take from minutes to hours for a problem food or beverage to trigger symptoms.
2. **Avoid trigger foods when starting new therapies, such as Elmiron®.** Problem foods may compromise the effectiveness of those treatments.

3. **Don't be afraid to eat.** In addition to the many foods that you can enjoy from the "Bladder Friendly" list, as your symptoms improve, add variety to your diet by testing foods from the "Try It" list. Some bladder patients, occasionally, may be able to consume small quantities foods from the "Caution" list.
4. **Shop for fresh foods whenever possible.** Processed foods often contain ingredients that can be irritating including some preservatives, artificial flavorings, additives and or artificial vitamins. Organic foods often contain fewer additives and may be useful in an IC diet. Always read labels to look for hidden triggers.
5. **Try different brands.** Many "brands" of the same food have completely different ingredients and additives and could irritate the bladder.
6. **Avoid foods that you know you are allergic to even if they are included in this diet guide.** Pre-existing food allergies, such as an allergy to nuts or grains, can also trigger bladder irritation and/or a stronger allergic reaction.

Developed in partnership with:

Julie Beyer MA, RD, Author & Nutrition Counselor (www.ic-diet.com)

[Confident Choices: Customizing the IC Diet](#)

[Confident Choices: A Cookbook for IC and OAB](#)

Barbara Gordon, RD, Executive Director

Interstitial Cystitis Association (www.ichelp.org)

Beverley Laumann, Author, Support Group Leader

[A Taste of the Good Life: A Cookbook for an IC Diet](#)

[Fresh Tastes by Bev](#) – IC diet column

Jill Osborne MA, Author & President

Interstitial Cystitis Network (www.ic-network.com)

Barbara Shorter, EdD, RD, CDN

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Faculty, Smith Institute for Urology

(www.smithinstituteofurology.com)

IC/PBS Food List

	Bladder Friendly	Try It	Caution
Note: Foods labeled with a plus sign (+) can be especially soothing during an IC flare.			
 <p>Beverages</p>	<p>water – <i>test to find one that works for you</i> juice – <i>blueberry, pear</i> milk⁺ milk substitutes – <i>almond⁺, rice, Lactaid⁺</i> milkshake – <i>vanilla⁺</i> tea – <i>chamomile⁺, peppermint⁺</i> non-dairy creamers – <i>check label</i> eggnog – <i>non alcoholic⁺, without problem ingredients</i></p>	<p>Juice – <i>low-acid orange, grape, some apple, baby</i> coffee – <i>herbal, low-acid decaf, roasted carob</i> tea – <i>alfalfa, roasted carob</i> soda – <i>root beer with ice (decaffeinated, not diet)</i> sports drinks – <i>test to find one that works for you (e.g., blue Gatorade)</i></p>	<p>alcohol – <i>not only irritating to the bladder but also contraindicated with many IC medications</i> water – <i>carbonated, vitamin, flavored</i> juice – <i>cranberry, orange, acai</i> milk – <i>chocolate, soy</i> coffee – <i>regular & decaf</i> teas – <i>regular, green, herbal, iced</i> sodas – <i>colas, citrus, orange, diet</i> drink powders – <i>such as Kool-aid®, lemonade, orange, or powdered ice tea drinks</i> sports drinks energy drinks – <i>guarana, mate</i></p>
 <p>Grains</p>	<p>breads – <i>corn bread⁺, oat bread⁺, pita, potato bread⁺, white bread⁺, Italian sweet bread, whole wheat bread (i.e. Ezekiel)</i> cereals – <i>most cereals without problem ingredients, oat cereal, rice cereal (hot or cold)</i> crackers – <i>matzo</i> grains – <i>couscous, grits, millet, quinoa⁺, spelt</i> flours – <i>buckwheat, wheat</i> pasta rice⁺</p>	<p>breads – <i>rye, sourdough</i> cereals – <i>instant packaged hot cereal</i> crackers – <i>without problem ingredients</i> grain – <i>amaranth</i></p>	<p>breads – <i>made with unsafe ingredients and/or heavily processed and fortified</i> cereals – <i>heavily preserved, sweetened, heavily fortified, flavored,</i> flour – <i>soy</i> pasta – <i>prepared or boxed pasta dishes</i> rice – <i>boxed dishes</i></p>
 <p>Fats and Nuts</p>	<p>nuts – <i>almonds, cashews, peanuts</i> butters – <i>almond, peanut</i> oils – <i>canola, coconut, corn, olive, peanut, safflower, sesame, soy</i> margarine lard shortening salad dressing – <i>homemade without problem ingredients</i></p>	<p>nuts – <i>macadamia, pecans, walnuts</i> mayonnaise tahini seeds – <i>sunflower seeds</i> shortening – <i>butter-flavored</i></p>	<p>nuts – <i>filberts, hazelnuts, pecans, pistachios</i> oils – <i>check label</i> salad dressings – <i>most</i></p> <p>If you have nut or other food allergies, talk with your healthcare provider about your special diet needs.</p>

	Bladder Friendly	Try It	Caution
 <p>Eggs, Meat, Fish and Poultry</p>	<p>eggs⁺ poultry – <i>chicken⁺, turkey</i> fish⁺ beef⁺ seafood – <i>clams, crabmeat (not canned), lobster, shrimp</i> lamb⁺ pork protein powder – <i>whey, egg whites</i> veal liver – <i>beef or chicken</i></p>	<p>garden/veggie burgers – <i>without soy products</i> beef – <i>corned beef</i> sandwich meats – <i>liverwurst, ham (fresh or boiled, without heavy preservatives or flavorings.)</i> bacon anchovies caviar prosciutto sausages – <i>without problem ingredients</i></p>	<p>cured meats – <i>bologna, pepperoni, salami</i> canned crab meat hot dogs sausage – <i>most</i> smoked fish soy products – <i>soy veggie patties, protein powder, tofu</i></p>
 <p>Dairy, Cheeses, Frozen Desserts</p>	<p>cheeses – <i>American, mozzarella, cheddar cheese (mild), feta, ricotta⁺, string cheeses⁺</i> cream cheese cottage cheese⁺ ice cream⁺ – <i>most</i> milk⁺ milk substitutes – <i>Lactaid</i> sherbet – <i>no citrus or chocolate flavors</i> Rice Dream[®] dessert – <i>vanilla</i> whipped cream – <i>Cool Whip</i></p>	<p>cheeses – <i>blue cheese, brie, brick parmesan, camembert, cheddar cheese (sharp), edam, emmenthaler, gruyere hard jack, Monterey Jack, parmesan (fresh & canned), Roquefort, stilton, Swiss</i> buttermilk sour cream - <i>accent on a baked potato or soup</i> pizza - <i>plain, chicken & garlic, veggie or made with white sauce - no pepperoni</i> sorbet yogurt - <i>blueberry, vanilla, plain</i></p>	<p>cheeses – <i>processed, Cheez Whiz</i> ice cream – <i>caution with citrus or chocolate flavors</i> soy products – <i>soy milk, soy cheeses</i></p>
 <p>Fruits</p>	<p>apples – <i>Gala, Fuji, Pink Lady</i> applesauce – <i>homemade with Gala, Fuji or Pink Lady apples</i> blueberries⁺ coconut – <i>without preservatives</i> dates – <i>without preservatives</i> pears⁺ watermelon</p>	<p>applesauce – <i>commercial or baby</i> apricots bananas berries – <i>blackberries, raspberries, olallieberries</i> cherimoya cherries – <i>fresh, maraschino</i> citrus peels currants figs mango melon – <i>Crenshaw, honeydew</i> peaches plums raisins – <i>brown</i> rhubarb</p>	<p>berries – <i>cranberries, most</i> citrus – <i>lemons, limes, oranges, grapefruit</i> dried fruit – <i>with preservatives</i> grapes guava kiwi fruit melons – <i>cantaloupe</i> nectarines passion fruit papaya persimmon pineapple starfruit strawberries raisins – <i>golden</i></p>

	Bladder Friendly	Try It	Caution
 <p>Vegetables and Dried Beans</p>	<p>asparagus avocado beans – <i>black eyed peas, garbanzo, lentils, pinto, white, most dried beans</i> beets broccoli brussels sprouts cabbage carrots⁺ cauliflower celery chives corn⁺ cucumber eggplant green beans greens – <i>collard greens, kale, mustard greens, okra, swiss chard, spinach, bok choy</i> lettuce & most salad greens mushrooms⁺ olives – <i>black</i> parsley⁺ peas – <i>green⁺, snow peas, split peas</i> bell peppers – <i>yellow, orange, red</i> potatoes⁺ – <i>white, yams</i> pumpkin radishes rhubarb rutabaga squash⁺ – <i>summer, winter, zucchini</i> turnips</p>	<p>beans – <i>fava, kidney beans, lima beans, black beans</i> bell peppers – <i>green</i> olives – <i>green</i> greens – <i>chicory, dandelion greens, purslane, turnip greens</i> leeks (cooked) onions – <i>white, red, cooked bulb onion, raw green</i> tomatoes – <i>homegrown, low acid</i> watercress</p>	<p>chili peppers onions – <i>raw bulb onions</i> pickles sauerkraut soy beans – <i>edamame, roasted</i> tomato – <i>tomato sauces, tomato juice</i> tofu</p>
 <p>Soups</p>	<p>homemade soup & stock – <i>from okay meats and vegetables</i></p>	<p>soups – <i>canned, low sodium, organic soups (without problem ingredients)</i></p>	<p>bouillon – <i>cubes, powder</i> canned – <i>most</i> packaged soups – <i>most</i></p>

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 <p>Snacks</p>	<p>almonds carrots celery chips (plain) – <i>corn , potato</i> crackers – <i>soda or soup</i> fruit bars – <i>blueberry, pear</i> milkshake – <i>vanilla</i> oatmeal bars peanuts peanut butter popcorn pretzels – <i>plain</i></p>	<p>donuts – <i>glazed, old fashioned</i> graham crackers fruit & nut bars – <i>with safe ingredients</i> licorice pizza – <i>plain, chicken & garlic, veggie or made with white sauce - no pepperoni</i></p>	<p>chips – <i>potato (seasoned, barbequed)</i> dessert cakes – <i>fast food restaurants</i></p>
 <p>Desserts and Sweets</p>	<p>berries – <i>blueberries</i> cake – <i>homemade pound cake⁺, angel food⁺, homemade white/yellow cakes⁺, carrot</i> frostings - <i>homemade vanilla frosting, homemade caramel frosting, carob, whipped cream</i> carob cookies – <i>oatmeal⁺, shortbread, sugar⁺</i> muffins – <i>carrot</i> cheesecake creme brûlée custards⁺ pie – <i>custard, cream pie, homemade apple pie (with safe apples), pumpkin pie</i> divinity sweet breads – <i>homemade zucchini bread⁺</i> candy – <i>licorice</i> maple syrup pastries – <i>plain, almond, pear</i> ice cream – <i>peppermint, vanilla⁺</i> pudding – <i>tapioca, vanilla⁺, rice⁺</i> milkshake – <i>vanilla⁺</i> sweeteners – <i>brown sugar, honey⁺, sugar</i></p>	<p>artificial sweeteners – <i>Splenda® (sucralose)</i> candy – <i>caramel</i> chocolate – <i>white</i> ice cream – <i>caramel, coconut, mango, peppermint, butter pecan</i> sorbet – <i>coconut</i> pastries – <i>blueberry, cinnamon</i> popsicles – <i>some</i> sweet bread – <i>banana</i> yogurt – <i>frozen</i></p>	<p>artificial sweeteners – <i>acesulfame K, aspartame, Nutrasweet®, saccharine, Sweet-N-Low, stevia</i> candy – <i>red hot-type cinnamon</i> chocolate – <i>cocoa, milk, bittersweet, dark</i> ice cream – <i>chocolate, coffee, rocky road</i> sorbets – <i>with problem fruits</i> pastries – <i>with problem fruits</i> pie – <i>pecan, mincemeat</i> desserts – <i>with problem nuts</i> fruitcakes</p>

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 <p>Condiments, Seasonings, and Flavor Enhancers</p>	allspice almond extract anise basil ⁺ caraway seed coriander dill fennel garlic ⁺ mace marjoram ⁺ oregano ⁺ poppy seed rosemary ⁺ sage ⁺ salt <i>in small quantities</i> thyme tarragon vanilla extract	black pepper celery seed cilantro cinnamon – <i>powdered</i> citric acid – <i>in small quantities</i> cumin (small amt) dried parsley dried chervil ginger lemon extract mayonnaise malt powder nutmeg onion powder orange extract turmeric	ascorbic acid autolyzed yeast BHA and BHT benzoates catsup (ketchup) cayenne cloves chili powder horseradish hot curry powder hydrolyzed protein meat tenderizers miso mustard oleoresin paprika paprika pickles red pepper soy sauce tamari vinegar worcestershire sauce MSG – <i>monosodium glutamate</i> metabisulfites sulfites
 <p>Fiber Supplements</p>	acacia fiber Benefiber [®] Metamucil [®] – <i>plain psyllium</i> bulk psyllium fiber – <i>not sugar free</i>	Colace [®] Metamucil [®] – <i>cinnamon wafers</i>	Metamucil [®] – <i>orange, berry burst</i> psyllium fiber – <i>sugar-free due to the presence of artificial sweeteners</i> senna

Publication date: September 18, 2009