



BLADDER DIET

If bladder symptoms are related to dietary factors, strict adherence to a diet which eliminates the above food products should bring significant relief in ten days. The proof is resuming your old dietary habits followed by the return of your symptoms. Once you are feeling better, you can begin to add these foods back into your

diet, one item at a time. This way, if something does cause your symptoms, you will be able to identify what it is. When you do begin to add foods back into your diet, it is crucial that you maintain an adequate fluid intake (6 to 8 eight ounce glasses of fluid per day).

Dietary Irritants To The Urinary Tract

Acidic foods to be avoided

Fruits to be avoided

Apples	Pineapple
Apple Juice	Cranberries
Cantaloupes	Citrus Fruits
Grapes	Peaches
Plums	Strawberries
Tomatoes	

Drinks to be avoided

Coffee (including Decaffeinated)
Carbonation
Guava Tea
Caffinated Beverages*
Citrus Juices Apple Juice

Also avoid these

Chilies/Spicy Foods
Chocolate
Mayonnaise
Nutrasweet
Vinegar
Vitamin B Complex

Substitutue with

Low Acid Fruits
Pear
Arpicots
Papaya
Watermelon

KAVA (Low Acid Instant)
Cold Brew from Starbucks
Non-Citrus Herbal Sun Brewed Tea

Vitamin C Substitute
Calcium Carbonate Co-buffered
with Calcium Ascorbate



Other things to consider:

The amount of fluid required for each person is different, but an average woman with urinary incontinence should drink approximately 6 eight ounce glasses of water per day. Trying to "flush the system" by drinking large amounts of fluids or trying to prevent incontinence by restricting fluids can actually worsen urinary incontinence.

*Women who are drinking several caffeinated beverages per day may want to decrease intake of caffeine gradually to prevent the symptoms of caffeine withdrawal, especially headache.