



## Bladder Irritants

### *May Contribute to Urinary Leakage*

Alcoholic beverages (beer/wine)	Chocolate	Lemon juice
Artificial sweetener (Nutrasweet and aspartame – even in chewing gum)	Citrus fruits and juices	Milk and milk products
Apple juice	Coffee (even decaffeinated)	Nicotine
Apples	Corn syrup	Peaches
Caffeine (even medicines with caffeine)	Crab	Plums (including Japanese)
Cantaloupe	Cranberries	Strawberries
Carbonated drinks	Cranberry juice	Sugar (especially in soft drinks)
Chilies and spicy foods	Grapes	Tea (black teas and citrus herbal – even decaffeinated)
	Guava	Tomatoes (all forms)
	Honey	

### *May Trigger Bladder and Urethral Problems*

Avocados	Fava	Raisins
Bananas	Figs	Rye bread
Beans	Lima beans	Sour cream
Brewer's yeast	Mayonnaise	Soy sauce
Champagne	Nuts	Vitamin C and vitamins with aspartate
Cheeses (aged, hard, and soft)	Onions	Yogurt
Chicken livers	Pickled herring	
Corned beef	Prunes	

### *Food Substitutions / Foods Typically NOT Irritating to the Bladder*

Apricots	Grape, cranberry, and apple juice (non-irritating to some)
Papaya	Prunes and plums (non-irritating to some)
Pears	Coffee drinkers can drink Kava or low-acid instant drinks
Watermelon	Tea drinkers can substitute non-citrus herbal and sun-brewed

Calcium carbonate co-buffered with calcium ascorbate can be substituted for Vitamin C