

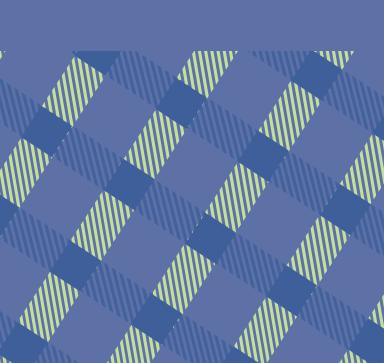
www.ichelp.org



Conquering IC. Changing Lives.

Interstitial Cystitis Association

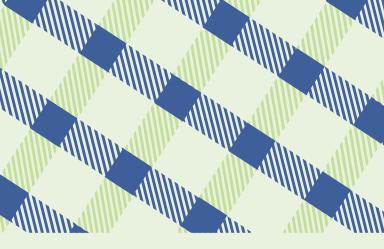
Research about
the effect of diet on
interstitial cystitis, or IC,
is limited. But, many
people with IC report
that certain foods
appear to irritate their
bladder. And, they find
that changing what they
eat and drink can help
control IC symptoms
and flare-ups.



# What things can bother people with Ic?

Research links a handful of foods and drinks to IC flare-ups, including:

- Coffee, tea, soda, alcohol, and citrus juices including cranberry juice.
- Foods and drinks with artificial sweeteners (aspartame and saccharin).
- Hot peppers and spicy food.
- Some foods with high potassium levels, like bananas, chocolate, and oranges.



However, there appears to be great individual variation in the effect of foods and drinks on IC symptoms. How much, how often, and the specific combination of foods and drinks varies for each person. Also, some fresh foods that bother you may not cause a flare-up when they are cooked. For example, though a fresh apple may irritate your bladder, you may be able to enjoy applesauce.

Many people with IC note worsening of symptoms with foods, drinks, medicines, and supplements containing preservatives, artificial ingredients, colors, and monosodium glutamate (MSG). Flares may occur within minutes of eating or drinking a trigger item, or may occur hours or days later.

Some IC patients have additional symptoms caused by food allergies, including sensitivities to wheat, corn, rye, oats, and barley. Other patients with milk allergies and lactose intolerance may experience a bad response to these foods. Women with vulvodynia may need to avoid foods high in oxalates. Talk with your healthcare provider about any food intolerances and potential cross reactions.

# Discovering which foods and beverages to restrict can be a lengthy process.



To determine your personal trigger foods, use this list of the least to most bothersome foods, or download a copy at www.ichelp.org/ICFoodList:

**BLADDER FRIENDLY** includes foods that rarely bother even the most sensitive IC bladders. If you are newly diagnosed, eat those 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. Start with a small quantity and see how you do.

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



#### Don't be afraid to eat.

There are many foods that you can eat with IC that will not bother your bladder.

### When trying a risky food, start with smaller quantities.

Try  $\frac{1}{2}$  a piece of fruit or a dash of spice. See how your body responds and if you do well with that food, then try gradually increasing the quantity.

### Figure out what brands you can eat.

Many "brands" of the same food may have completely different ingredients and additives. Before giving up on a specific food, try different brands.

#### Become a label-reader.

Take a minute to double check the ingredients in packaged foods.

### HOW DO I Figure out What I can Eaf and Drink?

Keep an OK food and symptom diary while you are experimenting with your diet.

Ask your healthcare provider about foods that may compromise the effectiveness of medicines and other treatments.

Don't be afraid to eat. There are many foods that you can eat that will not bother your bladder. Most IC patients find they can add to their personal OK food list as their symptoms improve. Some may even be able to occasionally consume foods from the Caution 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.

When possible, shop for fresh foods.
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.

Many "brands" of the same food have completely different additives. Before giving up on a specific food, you might want to try different brands.

Pre-existing food allergies, such as an allergy to nuts or corn, can also trigger bladder irritation and, possibly, a stronger allergic reaction. If you are allergic to specific foods, avoid these foods even if they are listed below.

# Dining out

When you are eating at restaurants or social gatherings, ask about ingredients and stay away from dishes where ingredients are hard to discern. Spicy ethnic foods can pose a problem when dining out. The ingredients in these dishes are often difficult to determine. Before ordering, ask your waiter what spices are used in particular dishes.

### Least to Most Bothersome Food List



Please review the foods and drinks that many IC patients report least bothersome (Bladder Friendly), okay to eat (Try It), and most bothersome (Caution).

The list is not a dietary guideline or a meal plan, but rather a guide to assist you in determining problem and non-problem foods. For more information on IC and diet, go to www.ichelp.org/ICDiet.

# BEVERACES

# BLADDER FRIENDLY

WATER – test one that works for you

JUICE – blueberry, pear

MILK, MILK SUBSTITUTES – almond, rice, Lactaid

MILKSHAKE - vanilla

**TEA -** chamomile, peppermint

NON-DAIRY CREAMERS – check label EGGNOG – non alcoholic, without

problem ingredients

TRY IT

**JUICE -** low-acid orange, grape, some apple, baby

**COFFEE –** herbal, low-acid decaf, roasted carob

**TEA –** alfalfa, roasted carob

**SODA –** root beer with ice (decaffeinated, not diet)

**SPORTS DRINKS** – test to find one that works for you (e.g., blue Gatorade®)

**ALCOHOL** – not recommended with many IC medicines

WATER - carbonated, vitamin, flavored

JUICE - cranberry, orange, acai

MILK - chocolate, soy

**COFFEE** - regular, decaf

TEAS - regular, green, herbal, iced

**SODAS -** colas, citrus, orange, diet

**DRINK POWDERS –** such as Kool-aid®, lemonade, orange, or powdered ice tea drinks

**ENERGY DRINKS -** guarana, mate

# GRAINS

## BLADDER FRIENDLY

**BREADS –** corn bread, oat bread, pita, potato bread, white bread, Italian sweet bread, whole wheat bread

**CEREALS** – most cereals without problem ingredients, oat cereal, rice cereal (hot or cold)

CRACKERS - matzo

**GRAINS –** couscous, grits, millet, quinoa, spelt

FLOURS - buckwheat, wheat

**PASTA** 

RICE

RY IT

**BREADS** - rye, sourdough

**CEREALS** – instant packaged hot cereal

**CRACKERS** – without problem ingredients

**GRAIN** - amaranth

# AUTION

**BREADS** – made with unsafe ingredients and/or heavily processed and fortified

**CEREALS** – heavily preserved, sweetened, heavily fortified, flavored

FLOUR - soy

**PASTA** – prepared or boxed pasta dishes

**RICE** - boxed dishes



# FATS & NUTS

# BLADDER FRIENDLY

**NUTS –** almonds, cashews, peanuts

**BUTTERS –** almond, peanut

OILS – canola, coconut, corn, olive, peanut, safflower, sesame, soy MARGARINE
LARD
SHORTENING
SALAD DRESSING –
homemade without

problem ingredients

# TRY II

NUTS - macadamia, pecans, walnuts

**MAYONNAISE** 

**TAHINI** 

**SEEDS** – sunflower seeds

**SHORTENING** - butter-flavored

# CAUTION

**NUTS** - filberts, hazelnuts, pecans, pistachios

OILS - check label

**SALAD DRESSINGS - most** 

IF YOU HAVE NUT OR OTHER FOOD ALLERGIES, TALK WITH YOUR HEALTHCARE PROVIDER ABOUT YOUR SPECIAL DIET NEEDS.



# EGGS, MEAT, FISH, & POULTRY

**EGGS** 

POULTRY - chicken, turkey

**FISH** 

**BEEF** 

**SEAFOOD –** clams, crabmeat (not canned), lobster, shrimp

LAMB

**PORK** 

PROTEIN POWDER - whey, egg white

**VEAL** 

LIVER - beef or chicken

**GARDEN/VEGGIE BURGERS** – without soy products

BEEF - corned beef

**SANDWICH MEATS –** liverwurst, ham (fresh or boiled, without heavy preservatives or flavorings)

BACON

**ANCHOVIES** 

CAVIAR

**PROSCIUTTO** 

**SAUSAGES** – without problem ingredients

CAUTION

**CURED MEATS –** bologna, pepperoni, salami, canned crab meat, hot dogs, sausage

**SMOKED FISH** 

**SOY PRODUCTS** – soy veggie patties, protein powder, tofu

# DAIRY, CHEESES, & FROZEN DESSERTS

# BLADDER FRIENDLY

**CHEESES** – American, mozzarella, cheddar (mild), feta, ricotta, string cheeses, cream cheese, cottage cheese

ICE CREAM - most

**MILK** 

MILK SUBSTITUTES - Lactaid®

**SHERBET** – no citrus or chocolate flavors

WHIPPED CREAM

Swiss buttermilk

# TRY II

CHEESES – blue cheese, brie, brick, parmesan, camembert, cheddar (sharp), edam, emmenthaler, gruyere hard jack, Monterey Jack, parmesan (fresh and canned), Roquefort, stilton,

**SOUR CREAM –** accent on a baked potato or soup

**PIZZA –** plain, chicken and garlic, veggie, made with white sauce

SORBET

YOGURT - blueberry, vanilla, plain

CAUTION

CHESES - processed, CheezWhiz®

ICE CREAM - citrus or chocolate flavors

**SOY PRODUCTS –** soy milk, soy cheeses

PIZZA - pepperoni

### FRUITS

# BLADDER FRIENDLY

APPLES - Gala, Fuji, Pink Lady

**APPLESAUCE –** homemade with Gala, Fuji, or Pink Lady apples

**BLUEBERRIES** 

**COCONUT** – without preservatives

**DATES** - without preservatives

**PEARS** 

WATERMELON

APPLESAUCE -

commercial or baby

**APRICOTS** 

**BANANAS** 

**BERRIES** -

blackberries, raspberries, olallieberries.

cherimoya

CHERRIES – fresh.

maraschino

CITRUS PEELS

**CURRANTS** 

**FIGS** 

**MANGO** 

MELON - Crenshaw,

honeydew

**PEACHES** 

PLUMS

**RAISINS** – brown

RHUBARB

# CAUTION

BERRIES -

cranberries

**CITRUS** – lemons, limes, oranges, grapefruit

**DRIED FRUIT –** with preservatives

**GRAPES** 

**GUAVA** 

**KIWI FRUIT** 

MELONS -

cantaloupe

**NECTARINES** 

**PASSION FRUIT** 

**PAPAYA** 

**PERSIMMON** 

**PINEAPPLE** 

**STARFRUIT** 

**STRAWBERRIES** 

RAISINS - golden

# VEGETABLES & DRIED BEANS

# BLADDER FRIENDLY

#### ASPARAGUS AVOCADO

**BEANS** – black eyed peas, garbanzo, lentils, pinto, white, most dried beans

**BEETS** 

BROCCOLI

BRUSSELS SPROUTS
CABBAGE

CARROTS

CAULIFLOWER

CELERY

CORN CUCUMBER

EGGPLANT
GREEN BEANS

**GREENS –** collard greens, kale, mustard greens,

okra, swiss chard, spinach, bok choy

LETTUCE AND MOST SALAD GREENS MUSHROOMS

OLIVES - black

**PARSLEY** 

PEAS - green, snow peas, split peas BELL PEPPERS - yellow,

orange, red

POTATOES- white, yams

PUMPKIN RADISHES

RHUBARB

**RUTABAGA SQUASH –** summer, winter, zucchini

TURNIPS

# rry IT

BEANS – fava, kidney beans, lima beans, black beans

BELL PEPPERS – green
OLIVES – green
GREENS – chicory,
dandelion greens,

purslane, turnip greens

LLLI

LEEKS (COOKED)

**ONIONS -** white, red, cooked bulb onion, raw green

TOMATOES -

homegrown, low acid

WATERCRESS

# AUTION

CHILI PEPPERS
ONIONS – raw bulb
onions
PICKLES
SAUERKRAUT

SOY BEANS – edamame, roasted TOMATO – tomato sauces, tomato juice TOFU



# BLADDER FRIENDLY

ALMONDS
CARROTS
CELERY
CHIPS – corn, potato (plain)

**CRACKERS** – soda or soup

**FRUIT BARS –** blueberry, pear

MILKSHAKE – vanilla
OATMEAL BARS
PEANUTS
PEANUT BUTTER
POPCORN
PRETZELS – plain

# RY IT

**DONUTS –** glazed, old fashioned **GRAHAM CRACKERS** 

FRUIT AND NUT BARS – with safe ingredients LICORICE

**PIZZA –** plain, chicken and garlic, veggie, made with white sauce

# CAUTION

### ARTIFICIAL SWEETENERS

- acesulfame K aspartame, Nutrasweet<sup>®</sup>, saccharine, Sweet-N-Low<sup>®</sup>, stevia

CANDY – red hottype cinnamon

CHOCOLATE – cocoa, milk, bittersweet, dark

ICE CREAM – chocolate, coffee, rocky road **SORBETS** – with problem fruits

**PASTRIES** – with problem fruits

PIE - pecan, mincemeat

PIZZA - pepperoni

**DESSERTS** – with problem nuts

**FRUITCAKES** 

TRY

**SOUPS –** canned, low sodium, organic soups (without problem ingredients)

CAUTION

BOUILLON – cubes, powder CANNED – most PACKAGED SOUPS – most



# CONDIMENTS, SEASONINGS,

# BLADDER FRIENDLY

ALLSPICE ALMOND EXTRACT ANISE BASIL CARAWAY

CORIANDER

SEED

DILL FENNEL GARLIC

MACE MARJORAM OREGANO POPPY SEED ROSEMARY
SAGE
SALT (in small quantities)

THYME
TARRAGON
VANILLA

**EXTRACT** 

# RY II

CELERY SEED
CILANTRO
CINNAMON –
(powdered)

**BLACK PEPPER** 

CITRIC ACID - in small quantities

CUMIN (small

amount)

**DRIED PARSLEY** 

**DRIED CHERVIL** 

GINGER

**LEMON EXTRACT** 

LEMON ZEST

MAYONNAISE MALT POWDER

NUTMEG

ONION POWDER ORANGE EXTRACT

**TURMERIC** 

**MUSTARD** 

# CAUTION

AUTOLYZED YEAST
BHA AND BHT
BENZOATES
CATSUP (ketchup)
CAYENNE
CLOVES
CHILI POWDER
HORSERADISH
HOT CURRY POWDER
HYDROLYZED PROTEIN
MEAT TENDERIZERS
MISO

**ASCORBIC ACID** 

OLEORESIN PAPRIKA PAPRIKA PICKLES RED PEPPER

SOY SAUCE
TAMARI
VINEGAR
WORCESTERSHIRE SAUCE

**MSG** – monosodium alutamate

METABISULFITES
SULFITES

### FIBER SUPPLEMENTS

# BLADDER FRIENDLY

**ACACIA FIBER** 

**BENEFIBER®** 

METAMUCIL® - plain psyllium

**BULK PSYLLIUM FIBER -** not sugar free

TRY IT

**COLACE®** 

**METAMUCIL®** – cinnamon wafers

CAUTION

METAMUCIL® - orange, berry burst

**PSYLLIUM FIBER** – sugar-free due to the presence of artificial sweeteners

**SENNA** 



### DESSERTS & SWEETS

BERRIES blueberries

### CAKE-

homemade pound cake, anael food, homemade white/yellow cakes, carrot

#### FROSTINGS -

homemade vanilla frosting, homemade caramel frosting, carob, whipped cream

**CAROB** 

#### COOKIES -

oatmeal. shortbread. sugar

**MUFFINS** carrot

**CHEESECAKE CREME BRÛLÉF CUSTARDS** 

PIE - custard. cream pie, homemade apple pie (with safe apples), pumpkin pie, divinity

#### **SWEET BREADS**

- homemade zucchini bread CANDY licorice

pear

MAPLE SYRUP **PASTRIES** plain, almond,

ICE CREAM peppermint. vanilla

**PUDDING** tapioca, vanilla, rice MILKSHAKE -

vanilla SWEETENERS brown sugar,

honey, sugar

**ARTIFICIAL** SWEETENERS -Splenda® (sucralose)

**CANDY** - caramel

**CHOCOLATE** - white

ICE CREAM -

caramel, coconut, mango, peppermint, butter pecan

**SORBET -** coconut

PASTRIES - blueberry. cinnamon

POPSICLES - some

SWEET BREAD banana

YOGURT - frozen

CAUTION

**ARTIFICIAL** SWEETENERS acesulfame K, aspartame, Nutrasweet®, saccharine,

Sweet-N-Low®,

**CANDY** - red hot-type cinnamon

stevia

CHOCOLATE -

cocoa, milk, bittersweet. dark

ICE CREAM chocolate.

coffee, rocky road

SORBETS - with problem fruits

**PASTRIES** -

with problem fruits

PIE - pecan, mincemeat

**DESSERTS** with problem

nuts

**FRUITCAKES** 

### FOR ME

### **BLADDER FRIENDLY**

### FOR ME

### **TRY IT**

-	

### FOR ME

### **CAUTION**




### About the ICA

The Interstitial Cystitis Association (ICA) is the only non-profit charitable organization dedicated to improving the quality of healthcare and lives of people living with interstitial cystitis (IC).

### Mission

Conquering IC. Changing Lives. The ICA provides advocacy, research funding, and education to ensure early diagnosis and optimal care with dignity for people affected by IC.

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Help us fund our greatest need. Contribute online at www.ichelp.org/annualfund

The information provided by the ICA is designed to support, not replace, the relationship that exists between an individual and his/her healthcare provider.