

## 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:*

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*Confident Choices: Customizing the IC Diet*

*Confident Choices: A Cookbook for IC and OAB*

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*A Taste of the Good Life: A Cookbook for an IC Diet*

*Fresh Tastes by Bev – IC diet column*

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## IC/PBS Food List

	Bladder Friendly	Try It	Caution
<b>Note: Foods labeled with a plus sign (+) can be especially soothing during an IC flare.</b>			
 <b>Beverages</b>	water – <i>test to find one that works for you</i> juice – <i>blueberry, pear</i> milk <sup>+</sup> milk substitutes – <i>almond<sup>+</sup>, rice, Lactaid<sup>+</sup></i> milkshake – <i>vanilla<sup>+</sup></i> tea – <i>chamomile<sup>+</sup>, peppermint<sup>+</sup></i> non-dairy creamers – <i>check label</i> eggnog – <i>non alcoholic<sup>+</sup>, without problem ingredients</i>	juice – <i>low-acid orange, grape, some apple, baby</i> coffee & coffee substitutes – <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>	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 &amp; 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>
 <b>Grains</b>	breads – <i>corn bread<sup>+</sup>, oat bread<sup>+</sup>, pita, potato bread<sup>+</sup>, white bread<sup>+</sup>, 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<sup>+</sup>, spelt</i> flours – <i>buckwheat, wheat</i> pasta rice <sup>+</sup>	breads – <i>rye, sourdough</i> cereals – <i>instant packaged hot cereal</i> crackers – <i>without problem ingredients</i> grain – <i>amaranth</i>	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>
 <b>Fats and Nuts</b>	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>	nuts – <i>macadamia, pecans, walnuts</i> mayonnaise tahini seeds – <i>sunflower seeds</i> shortening – <i>butter-flavored</i>	nuts – <i>filberts, hazelnuts, pecans, pistachios</i> oils – <i>check label</i> salad dressings – <i>most</i>  <b>If you have nut or other food allergies, talk with your healthcare provider about your special diet needs.</b>

	Bladder Friendly	Try It	Caution
 <p>Eggs, Meat, Fish and Poultry</p>	<p>eggs<sup>+</sup>  poultry – <i>chicken<sup>+</sup>, turkey</i>  fish<sup>+</sup>  beef<sup>+</sup>  seafood – <i>clams, crabmeat (not canned), lobster, shrimp</i>  lamb<sup>+</sup>  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<sup>+</sup>, string cheeses<sup>+</sup></i>  cream cheese  cottage cheese<sup>+</sup>  ice cream<sup>+</sup> – <i>most</i>  milk<sup>+</sup>  milk substitutes – <i>Lactaid</i>  sherbet – <i>no citrus or chocolate flavors</i>  Rice Dream<sup>®</sup> 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 &amp; canned), Roquefort, stilton, Swiss</i>  buttermilk  sour cream - <i>accent on a baked potato or soup</i>  pizza - <i>plain, chicken &amp; 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<sup>+</sup>  coconut – <i>without preservatives</i>  dates – <i>without preservatives</i>  pears<sup>+</sup>  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>

	<b>Bladder Friendly</b>	<b>Try It</b>	<b>Caution</b>
 <p data-bbox="189 425 315 493"><b>Vegetables and Dried Beans</b></p>	<p data-bbox="487 178 940 1071">           asparagus            avocado            beans – <i>black eyed peas, garbanzo, lentils, pinto, white, most dried beans</i>            beets            broccoli            brussels sprouts            cabbage            carrots<sup>+</sup>            cauliflower            celery            chives            corn<sup>+</sup>            cucumber            eggplant            green beans            greens – <i>collard greens, kale, mustard greens, okra, swiss chard, spinach, bok choy</i>            lettuce &amp; most salad greens            mushrooms<sup>+</sup>            olives – <i>black</i>            parsley<sup>+</sup>            peas – <i>green<sup>+</sup>, snow peas, split peas</i>            bell peppers – <i>yellow, orange, red</i>            potatoes<sup>+</sup> – <i>white, yams</i>            pumpkin            radishes            rhubarb            rutabaga            squash<sup>+</sup> – <i>summer, winter, zucchini</i>            turnips         </p>	<p data-bbox="970 178 1470 451">           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 data-bbox="1495 178 1885 376">           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 data-bbox="189 1373 260 1393"><b>Soups</b></p>	<p data-bbox="487 1127 924 1175">           homemade soup &amp; stock – <i>from okay meats and vegetables</i> </p>	<p data-bbox="970 1127 1407 1175">           soups – <i>canned, low sodium, organic soups (without problem ingredients)</i> </p>	<p data-bbox="1495 1127 1772 1208">           bouillon – <i>cubes, powder</i>            canned – <i>most</i>            packaged soups – <i>most</i> </p>

	Bladder Friendly	Try It	Caution
 <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 &amp; nut bars – <i>with safe ingredients</i>  licorice  pizza – <i>plain, chicken &amp; 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<sup>+</sup>, angel food<sup>+</sup>, homemade white/yellow cakes<sup>+</sup>, carrot</i>  frostings - <i>homemade vanilla frosting, homemade caramel frosting, carob, whipped cream</i>  carob  cookies – <i>oatmeal<sup>+</sup>, shortbread, sugar<sup>+</sup></i>  muffins – <i>carrot</i>  cheesecake  creme brûlée  custards<sup>+</sup>  pie – <i>custard, cream pie, homemade apple pie (with safe apples), pumpkin pie</i>  divinity  sweet breads – <i>homemade zucchini bread<sup>+</sup></i>  maple syrup  pastries – <i>plain, almond, pear</i>  ice cream – <i>peppermint, vanilla<sup>+</sup></i>  pudding – <i>tapioca, vanilla<sup>+</sup>, rice<sup>+</sup></i>  milkshake – <i>vanilla<sup>+</sup></i>  sweeteners – <i>brown sugar, honey<sup>+</sup>, sugar</i></p>	<p>artificial sweeteners – <i>Splenda® (sucralose)</i>  candy – <i>caramel, licorice</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>

	Bladder Friendly	Try It	Caution
 <p>Condiments, Seasonings, and Flavor Enhancers</p>	allspice almond extract anise basil <sup>+</sup> caraway seed coriander dill fennel garlic <sup>+</sup> mace marjoram <sup>+</sup> oregano <sup>+</sup> poppy seed rosemary <sup>+</sup> sage <sup>+</sup> 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 <sup>®</sup> Metamucil <sup>®</sup> – <i>plain psyllium</i> bulk psyllium fiber – <i>not sugar free</i>	Colace <sup>®</sup> Metamucil <sup>®</sup> – <i>cinnamon wafers</i>	Metamucil <sup>®</sup> – <i>orange, berry burst</i> psyllium fiber – <i>sugar-free due to the presence of artificial sweeteners</i> senna

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