

Common Bladder Irritants

Drinks

Alcohol
Wine and Champagne
Carbonated Drinks
Coffee (can use decaf)
Fruit Juices
Tea, Iced or Hot (can use decaf)

Dairy & Meats

Cheese
Chicken livers
Corned Beef
Sour Cream
Yogurt

Fruits & Vegetables

Apples
Avocado
Banana
Canned Figs
Cantaloupe
Citrus:
 Lemons, Limes, Oranges, etc.
Cranberries
Fava Beans
Grapes
Guava
Lima Beans
Onions
Peaches
Pineapple
Plums
Prunes
Raisins
Strawberries
Tomatoes

Other

Brewer's Yeast
Chilies/Spicy foods
Chocolate
Nuts
Pickled Herring
Rye Bread
Soy Sauce
Vinegar
Vitamins with Aspartate

Sweeteners

Aspartame (such as
NutraSweet or Equal)

Saccharine (such as
Sweet n Low)