

## List of Common Bladder Irritants\*

Alcoholic beverages
Apples and apple juice
Cantaloupe
Carbonated beverages
Chili and spicy foods
Chocolate
Citrus fruit
Coffee (including decaffeinated)
Cranberries and cranberry juice
Grapes
Guava
Milk Products: milk, cheese, cottage cheese, yogurt, ice cream
Peaches
Pineapple
Plums
Strawberries
Sugar especially artificial sweeteners, saccharin, aspartame, corn sweeteners, honey, fructose, sucrose
Tea
Tomatoes and tomato juice
Vitamin B complex
Vinegar

\*Most people are not sensitive to ALL of these products; your goal is to find the foods that make YOUR symptoms worse

### Substitutions:

Apricots, papaya, pears, watermelon

Coffee drinkers can drink Kava

Tea drinkers can substitute non-citrus herbal and sun brewed teas

**\*\*This information is intended to be educational and is not a substitute for a consultation with a physical therapist. If you would like a prescribed program based on your individual needs, we can be reached at:**

**618-967-5539 \* [www.wholebodyfix.com](http://www.wholebodyfix.com) \* 406 West US Highway 40, Troy, IL**