

## Dietary Irritants to the Urinary Tract

### Acidic Foods to Avoid:

- All alcoholic beverages
- Apple juice
- Carbonated drinks
- Coffee
- Vinegar
- Cranberries
- Guava
- Peaches
- Plums
- Onions
- Apples
- Cantaloupe
- Chilies/Spicy foods
- Strawberries
- Grapes
- Lemon juice
- Pineapple
- Tomatoes

### Other Possible Bladder Irritants (variable)

- Spices, especially HOT spices
- All wheat, rye, corn, oats, barley and their derivatives
- Grain alcohols
- Liquid glucose
- All vegetable fats except olive oil
- Bean family including ground nuts and cocoa bean (this means chocolate)

### Daily Diet Substitutions:

- Coffee with the acid removed; KAVA® and ROMBAUTS® are two brands found in grocery stores
- Herbal teas provided they don't contain large amounts of citrus
- Weak tea: dunk a tea bag in water four times quickly to color the water
- OVALTINE® instead of chocolate drinks
- Fruit juices: Apricot nectar, pear nectar and papaya juice
- Late harvest dessert wines (low acid content)
- Fructose, as found in Superose® instead of NutraSweet® or Saccharin®
- Carob for chocolate in a recipe
- Orange or lime peel scrapings for flavor (do not use white part of rind)
- Pine nuts in place of other types of nuts
- Breads made with potato flour, soya flour or rice flour

### Vitamins and Supplements:

- Vitamin C: Only calcium ascorbate co-buffered with calcium carbonate.
- Vitamin E: Take in powdered form instead of oil capsules. The only B vitamin to use is B6.
- Prelief®: Prelief® is a dietary food supplement that changes the acid content of urine to help counter bladder irritation.