

INTERSTITIAL CYSTITIS DIETARY GUIDE

The food list below includes foods that many IC patients report falling into one of three categories. The list is not a dietary guideline or a meal plan, but rather a guide to assist I.C. patients in determining their own problem and non-problem foods.

Bladder Friendly - Least Bothersome

Try It - Okay to eat

Caution - Most bothersome

	BLADDER FRIENDLY	TRY IT	CAUTION
BEVERAGES	<p>water – test to find 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</p>	<p>juice – low-acid orange, grape, some apple, baby coffee – herbal, low-acid decaf, roasted carob tea – alfalfa soda – root beer with ice (decaffeinated, not diet) sports drinks – test to find one that works for you (e.g., blue Gatorade)</p>	<p>alcohol – not only irritating to the bladder but also contraindicated with many IC medications water –carbonated, vitamin, flavored juice – cranberry, orange, acai milk – chocolate, soy coffee – regular & decaf tea – regular, green, herbal, iced soda – colas, citrus, orange, diet drink powder – such as Kool-aid®, lemonade, orange, or powdered ice tea drinks sports drinks energy drinks – guarana, mate</p>
GRAINS	<p>bread – corn bread+, oat bread+, pita, potato bread+, white bread+, Italian sweet bread, whole wheat bread (i.e. Ezekiel) cereal – most cereals without problem ingredients, oat cereal, rice cereal (hot or cold) crackers – matzo grain – couscous, grits, millet, quinoa+, spelt flour – buckwheat, wheat pasta rice+</p>	<p>bread – rye, sourdough crackers – without problem ingredients grain – amaranth</p>	<p>bread – made with unsafe ingredients and/or heavily processed and fortified cereal – heavily preserved, sweetened, heavily fortified, flavored flour – soy pasta – prepared or boxed pasta dishes rice – boxed dishes</p>

<p>FAT & NUTS</p>	<p>nuts – almonds, cashews, peanuts butter – almond, peanut oil – canola, coconut, corn, olive, peanut, safflower, sesame, soy margarine lard shortening salad dressing – homemade without problem ingredients</p>	<p>nuts – macadamia, pecans, walnuts mayonnaise tahini seeds – sunflower seeds shortening – butter-flavored</p>	<p>nuts – filberts, hazelnuts, pecans, pistachios oil – check label salad dressings – most</p> <p>If you have nut or other food allergies, talk with your healthcare provider about your special diet needs.</p>
<p>EGGS & MEAT</p>	<p>eggs+ poultry – chicken+, turkey fish+ beef+ seafood – clams, crabmeat (not canned), lobster, shrimp lamb+ pork protein powder – whey, egg whites veal liver – beef or chicken</p>	<p>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</p>	<p>cured meats – bologna, pepperoni, salami canned crab meat hot dogs sausage – most smoked fish soy products – soy veggie patties, protein powder, tofu</p>
<p>DAIRY & FROZEN DESSERTS</p>	<p>cheese – American, mozzarella, cheddar cheese (mild), feta, ricotta+, string cheeses+ cream cheese cottage cheese+ ice cream+ – most milk+ milk substitutes – Lactaid sherbet – no citrus or chocolate flavors Rice Dream® dessert – vanilla whipped cream – Cool Whip</p>	<p>cheese – blue cheese, brie, brick parmesan, camembert, cheddar cheese (sharp), edam, emmenthaler, gruyere hard jack, Monterey Jack, parmesan (fresh & canned), Roquefort, stilton, Swiss buttermilk sour cream - accent on a baked potato or soup pizza - plain, chicken & garlic, veggie or made with white sauce - no pepperoni sorbet yogurt - blueberry, vanilla, plain</p>	<p>cheese – processed, Cheez Whiz ice cream – caution with citrus or chocolate flavors soy products – soy milk, soy cheeses</p>
<p>SOUPS</p>	<p>homemade soup & stock – from okay meats and vegetables</p>	<p>soups – canned, low sodium, organic soups (without problem ingredients)</p>	<p>bouillon – cubes, powder canned – most packaged soups – most</p>

VEGETABLES & DRIED BEANS

asparagus
avocado
beans – black eyed peas, fava, garbanzo, lentils, pinto, white, most dried beans
beets
broccoli
brussels sprouts
cabbage
carrots+
cauliflower
celery
chives
corn+
cucumber
eggplant
green beans
greens – collard greens, kale, mustard greens, okra, swiss chard, spinach, bok choy
lettuce & most salad greens
mushrooms+
olives – black
parsley+
peas – green+, snow peas, split peas
potatoes+ – white, yams
pumpkin
radishes
rhubarb
rutabaga
squash+ – summer, winter, zucchini
turnips

beans – kidney beans, lima beans, black beans
olives – green
greens – chicory, dandelion greens, purslane, turnip greens
leeks (cooked)
onions – white, red, cooked
 bulb onion, raw green
tomatoes – low acid
watercress

chili peppers
onions – raw bulb onions
pickles
sauerkraut
soy beans – edamame
tomato – tomato sauces, tomato juice
tofu

FRUITS

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, *ollieberries*
cherimoya
cherries – fresh, maraschino
citrus peels
currants
figs
mango
melon – Crenshaw, honeydew
peaches
plums
raisins – brown
rhubarb

berries – cranberries, most
citrus – lemons, limes, oranges, grapefruit
dried fruit – with preservatives
grapes
guava
kiwi fruit
melons – cantaloupe
nectarines
passion fruit
papaya
persimmon
pineapple
starfruit
raisins – golden

<p>SNACKS</p>	<p>almonds carrots celery chips (plain) – corn , potato crackers – soda or soup fruit bars – blueberry, pear milkshake – vanilla oatmeal bars peanuts peanut butter popcorn pretzels – plain</p>	<p>donuts – glazed, old fashioned graham crackers fruit & nut bars – with safe ingredients licorice pizza – plain, chicken & garlic, veggie or made with white sauce - no pepperoni</p>	<p>chips – potato (seasoned, barbequed) dessert cakes – fast food restaurants</p>
<p>DESSERTS & SWEETS</p>	<p>berries – blueberries cake – homemade pound cake+, angel food+, homemade white/yellow cakes+, carrot frostings - homemade vanilla frosting, homemade caramel frosting, carob, whipped cream cookies – oatmeal+, shortbread, sugar+ muffins – carrot cheesecake creme brûlée custards+ pie – custard, cream pie, homemade apple pie (with safe apples), pumpkin pie divinity sweetbreads – homemade zucchini bread+ candy – licorice maple syrup pastries – plain, almond, pear ice cream – peppermint, vanilla+ pudding – tapioca, vanilla+, rice+ milkshake – vanilla+ sweeteners – brown sugar, honey+, sugar</p>	<p>artificial sweeteners – Splenda® (sucralose) candy – caramel chocolate – white ice cream – caramel, coconut, mango, peppermint, butter pecan sorbet – coconut pastries – blueberry, cinnamon popsicles – some sweetbread – banana yogurt – frozen</p>	<p>artificial sweeteners – acesulfame K, aspartame, Nutrasweet®, saccharine, Sweet-N-Low, stevia candy – red hot-type cinnamon, chocolate ice cream – chocolate, coffee, rocky road sorbets – with problem fruits pastries – with problem fruits pie – pecan, mincemeat desserts – with problem nuts fruitcakes</p>
<p>CONDIMENTS, SEASONINGS & FLAVOR ENHANCERS</p>	<p>allspice almond extract anise basil+ caraway seed coriander dill fennel garlic+ mace marjoram+ oregano+ poppy seed rosemary+ sage+ salt in small quantities thyme tarragon vanilla extract</p>	<p>black pepper celery seed cilantro cinnamon – powdered citric acid – in small quantities cumin (small amt) dried parsley dried chervil ginger lemon extract mayonnaise malt powder nutmeg onion powder orange extract turmeric</p>	<p>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</p>

<p>CONDIMENTS, SEASONINGS & FLAVOR ENHANCERS (cont.)</p>			<p>paprika paprika pickles red pepper soy sauce tamari vinegar worcestershire sauce MSG – <i>monosodium</i> <i>glutamate</i> metabisulfites sulfites</p>
<p>FIBER SUPPLEMENTS</p>	<p>acacia fiber Benefiber® Metamucil® – <i>plain psyllium</i> bulk psyllium fiber – <i>not sugar free</i></p>	<p>Colace® Metamucil® - <i>cinnamon</i> <i>wafers</i></p>	<p>Metamucil® – <i>orange, berry burst</i> psyllium fiber – <i>sugar-free due to</i> <i>the presence of</i> <i>artificial</i> <i>sweeteners</i> senna</p>

+ Indicates foods that may be good during an IC flare

List provided by Julie Beyer MA RD, Interstitial Cystitis Associations, Beverly Laumann, Jill Osborne MA, Barbara Shorter EdD CDN Published September 2009

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