Dietary Irritants To The Urinary Tract

Certain foods can contribute to urinary urgency, frequency, and discomfort. If bladder symptoms are related to dietary factors, strict adherence to a diet that eliminates the food should bring relief within 7–10 days. Once you’re feeling better, you can begin to add foods back into your diet, one at a time. If symptoms return, you should be able to identify the specific irritant. As you have foods back into your diet, it is important that you drink a respectable amount of water.

The following foods are considered to be irritants to the bladder. Their intake should be either minimized or avoided.

Alcoholic beverages
Apples and apple juice
Cantaloupe
Chili and other spicy foods
Citrus fruit including lemons, limes, oranges and grapefruit
Coffee
Cranberries and cranberry juice
Grapes
Guava
Peaches
Pineapple
Plums
Strawberries
Sugar
Tea
Vitamin B complex
Vinegar

Low acid food substitutions include apricots, papaya, peers, and watermelon. Coffee drinkers can drink Kava or other low acid instant drinks. Tea drinkers can substitute non-citrus herbal and sun-brewed teas.