

## 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, pears, and watermelon. Coffee drinkers can drink Kava or other low acid instant drinks. Tea drinkers can substitute non-citrus herbal and sun-brewed teas.