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**

<table>
<thead>
<tr>
<th>Beverages</th>
<th>Bladder Friendly</th>
<th>Try It</th>
<th>Caution</th>
</tr>
</thead>
<tbody>
<tr>
<td>water – test to find one that works for you</td>
<td>juice – low-acid orange, grape, some apple, baby</td>
<td>alcohol – not only irritating to the bladder but also contraindicated with many IC medications</td>
<td></td>
</tr>
<tr>
<td>milk</td>
<td>milk substitutes – almond, rice, Lactaid</td>
<td>water – carbonated, vitamin, flavored</td>
<td></td>
</tr>
<tr>
<td>juice – blueberry, pear</td>
<td>coffee – herbal, low-acid decaf, roasted carob</td>
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<td></td>
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<tr>
<td>milkshake – vanilla</td>
<td>tea – alfalfa</td>
<td>juice – cranberry, orange, acai</td>
<td></td>
</tr>
<tr>
<td>tea – chamomile, peppermint</td>
<td>soda – root beer with ice (decaffeinated, not diet)</td>
<td>milk – chocolate, soy</td>
<td></td>
</tr>
<tr>
<td>non-dairy creamers – check label</td>
<td>sports drinks – test to find one that works for you (e.g., blue Gatorade)</td>
<td>coffee – regular &amp; decaf</td>
<td></td>
</tr>
<tr>
<td>egg nog – non alcoholic</td>
<td>drinks – such as Kool-aid®, lemonade, orange, or powdered ice</td>
<td>tea – regular, green, herbal, iced</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grains</th>
<th>Bladder Friendly</th>
<th>Try It</th>
<th>Caution</th>
</tr>
</thead>
<tbody>
<tr>
<td>bread – corn bread+, oat bread+, pita, potato bread+, white bread+, Italian sweet bread, whole wheat bread (i.e. Ezekiel)</td>
<td>bread – rye, sourdough</td>
<td>bread – made with unsafe ingredients and/or heavily processed and fortified</td>
<td></td>
</tr>
<tr>
<td>cereal – most cereals without problem ingredients, oat cereal, rice cereal (hot or cold)</td>
<td>crackers – without problem ingredients</td>
<td>cereal – heavily preserved, sweetened, heavily fortified, flavored</td>
<td></td>
</tr>
<tr>
<td>crackers – matzo</td>
<td>grain – amaranth</td>
<td>flour – soy</td>
<td></td>
</tr>
<tr>
<td>grain – couscous, grits, millet, quinoa+, spelt</td>
<td>pasta – prepared or boxed pasta dishes</td>
<td>pasta – prepared or boxed pasta dishes</td>
<td></td>
</tr>
<tr>
<td>flour – buckwheat, wheat</td>
<td>rice – boxed dishes</td>
<td>rice – boxed dishes</td>
<td></td>
</tr>
</tbody>
</table>
## Fat & Nuts

- **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

## Eggs & Meat

- **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

## Dairy & Frozen Desserts

- **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

## Soups

- **Homemade Soup & Stock** – from okay meats and vegetables
- **Soups** – canned, low sodium, organic soups (without problem ingredients)
- **Bouillon** – cubes, powder
- **Canned** – most
- **Packaged Soups** – most

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If you have nut or other food allergies, talk with your healthcare provider about your special diet needs.
### 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

### 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, olallieberries
- 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
- starfruit
- raisins – golden
### Snacks

- 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
- 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
- Chips – potato (seasoned, barbequed)
- Dessert cakes – fast food restaurants

### Desserts & Sweets

- 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
- 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
- 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

### Condiments, Seasonings & Flavor Enhancers

- 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
- 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
- Ascorbic acid
- Autolyzed yeast
- BHA and BHT
- Benzoates
catsup (ketchup)
cayenne
cloves
- Chili powder
- Horseradish
- Hot Curry powder
- Powder
- Hydrolyzed protein
- Meat
- Tenderizers
- Miso
- Mustard
- Oleoresin

07/2010
<table>
<thead>
<tr>
<th>CONDIMENTS, SEASONINGS &amp; FLAVOR ENHANCERS (cont.)</th>
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</thead>
<tbody>
<tr>
<td>paprika</td>
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<tr>
<td>paprika</td>
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<tr>
<td>pickles</td>
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<tr>
<td>red pepper</td>
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<tr>
<td>soy sauce</td>
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<tr>
<td>tamari</td>
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<tr>
<td>vinegar</td>
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<tr>
<td>worcestershire sauce</td>
</tr>
<tr>
<td>MSG – monosodium glutamate</td>
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<tr>
<td>metabisulfites</td>
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<tr>
<td>sulfites</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>FIBER SUPPLEMENTS</th>
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<tbody>
<tr>
<td>acacia fiber</td>
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<tr>
<td>Benefiber®</td>
</tr>
<tr>
<td>Metamucil® – plain psyllium</td>
</tr>
<tr>
<td>bulk psyllium fiber – not sugar free</td>
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<tr>
<td>Colace®</td>
</tr>
<tr>
<td>Metamucil® - cinnamon wafers</td>
</tr>
<tr>
<td>Metamucil® – orange, berry burst</td>
</tr>
<tr>
<td>psyllium fiber – sugar-free due to the presence of artificial sweeteners</td>
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<tr>
<td>senna</td>
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</tbody>
</table>

+ 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

Website:  www.ichelp.org