

Bladder Irritants

Some foods and beverages are associated with **bladder irritation**. Since people differ on what causes discomfort, it is impossible to provide a list of specific foods to avoid.



Keeping a food diary, in which you record everything you eat and drink, can help you identify problem foods. While the list of food and drinks that can contribute to bladder irritation is long, you may find that only a few of these items affect YOU.

- 🌐 Caffeinated beverages/foods: coffee, tea, soda, chocolate
- 🌐 Tomatoes and tomato based food: tomato sauce, tomato juice
- 🌐 Acidic fruit and fruit juices: orange, grapefruit, strawberry, plum, lemon, pineapple, cranberry
- 🌐 Alcohol: ALL types
- 🌐 Spices: Cayenne, paprika, black pepper, other hot peppers
- 🌐 Artificial sweeteners: ALL types
- 🌐 Carbonated beverages

