



*Southern  
Urogynecology*

Center for Incontinence and Female Pelvic Medicine

## **DIETARY IRRITANTS**

### **Foods that irritate the bladder and should be avoided:**

- Caffeinated products – coffee, tea, chocolate (decaffeinated beverages still have caffeine)
- Alcoholic beverages
- Acidic fruits and juices – orange, lemon, cranberry, tomato, pineapple
- Carbonated drinks
- Artificial sweeteners
- Spicy foods

### **Substitutions that can be made:**

- Coffee that has the acid removed (KAVA and ROMBAUTS)
- Herbal teas without citrus or caffeine
- Ovaltine instead of chocolate drinks
- Fruit juices – apricot, apple, pear, papaya, white grape
- Late harvest dessert wines (low acid content)
- Fructose to sweeten vs. other artificial sweeteners

**The following foods and drinks should be avoided-they may irritate the bladder and increase OAB symptoms.**

**Alcohol**

**ApplesAscorbic acid(vitamin C)**

**Cantaloupe**

**Carbonated beverages**

**Chili**

**Citrus fruits**

**Coffee**

**Cranberries**

**Fruit juice**

**Grapes**

**Guava**

**Lemons**

**Limes**

**NectarinesOranges**

**Peaches**

**Pepper**

**Pineapple**

**Plums**

**Strawberries**

**Tea**

**Tomatoes**

**Vinegar**

**The following are high in arylalkylamine and should also be avoided.**

**Aspartame**

**Avocados**

**Bananas**

**Beans**

**Beer**

**Brewer's yeast**

**B vitamins**

**Canned figs**

**Champagne**

**Cheese**

**Chicken Livers**

**Chocolate**

**Corned beef**

**Fava beans**

**Lima beans**

**Marmite**

**Mayonnaise**

**Nuts**

**Onions**

**Pickled herring**

**Prunes**

**Raisins**

**Rye bread**

**Saccharin**

**Sour cream**

**Soy sauce**

**Wine**

**Yogurt**