

BLADDER DIET

Avoid **ALL** foods on the list for 24 hours. Add back one food each day and keep track bladder symptoms which can occur up to the 6 hours after consumption.

Symptoms may include: *Urgency, Frequency, Leakage, Spasms, etc.....*

All Alcoholic Beverages	Apples	Apple Juice	Avocados
Bananas	Beer	Brewer's Yeast	Cantaloupes
Carbonated Beverages	Chilies/Spicy Foods	Citrus Fruits	Coffee
Canned Figs	Champagne	Cheese (hard & soft)	Chicken Livers
Chocolate	Corned Beef	Cranberries	Fava Beans
Grapes	Guava	Lemon Juice	Lima Beans
Mayonnaise	Nutrasweet (aspartame)	Nuts	Onions
Peaches	Pickled Herring	Pineapple	Plums
Prunes	Raisins	Rye Bread	Saccharin
Sour Cream	Soy Sauce	Strawberries	Tea
Tomatoes	Vinegar	Wine	Yogurt
Vitamins buffered with aspartame			

Substitutions that you can make in your daily diet:

1. Coffee with the acid removed. Kava and cold-brewed coffee are two alternatives.
2. Herbal teas, if free of large amounts of citrus. Weak tea is also an alternative; dunk a tea bag in water 4 times quickly to color the water or Sun-brewed tea.
3. Use Carob instead chocolate and Ovaltine instead of chocolate drinks.
4. Fruit juices such as apricot, nectar, papaya, pear nectar and watermelon juice.
5. Late harvest desert wines.
6. Fructose, as in Superose instead of Nutrasweet or Saccharin.
7. Orange or lime peel for flavor. Do not use the white part of the rind.
8. Pine nuts in place of other types of nuts.
9. Consider wheat allergy: Use breads made with potato flour, soya or rice flour.
10. Vitamins: Vitamin C in calcium ascorbate co-buffered with calcium carbon.