



Bladder Irritants

- * • Coffee, including decaffeinated
- * • Tea
 - Carbonated beverages
 - Soft drinks, especially those with caffeine
 - Artificial sweeteners, eg: Nutrasweet, Aspartame
- * • Alcoholic beverages, including beer and wine
 - Citrus fruits and juices, including tomatoes and Tomato-based products, strawberries, pineapple, peaches and grapes. Apples and apple juice, cantaloupe, guava, plums. These are irritants only when consumed in large amounts
 - Cranberry juice (more than 1 cup per day)
 - Caffeine in medications. Check with your pharmacist.
 - Highly-spiced foods
 - Vitamin C (more than 500 mg per day) and Vitamin B complex
 - Vinegar (large amounts of pickled foods)
 - Chocolate
 - Rare, but possible irritants: sugar, honey, corn syrup