



SHIFT

PHYSICAL THERAPY AND WELLNESS

If you experience urinary leakage, urgency, or frequency, it may be related to certain foods or drinks. Keep track of your symptoms using a bladder diary. This is the best way to determine if foods or drinks contribute to your symptoms, and which ones may be affecting you. In general, foods and drinks that are acidic, carbonated, or high in caffeine can be irritating to the bladder. Below is a list of potential bladder irritants.

- Coffee or tea
- Carbonated beverages
- Alcoholic beverages such as beer, or wine
- Chocolates
- Apples, or apple juice
- Artificial sweeteners
- Beverages or medications with caffeine
- Spicy foods and chiles
- Corn syrup, sugar, and honey
- Some fruits such as lemons, limes, oranges, cranberries, grapes, cantaloupe, peaches, pineapple, strawberries, and plums
- Lemon juice
- Tomatoes and tomato based products
- Milk and milk products
- Vinegar
- Vitamin B Complex

Dietary Substitutions/Alternative for foods and drinks that are less irritating on the bladder

- Low fat and low acidic fruits such as pears, papaya, watermelon, and apricots
- Low acidic coffee (Kava), cold brew from Starbucks
- Non- citrus herbal teas, and sun brewed tea
- Vitamin C substitute: Call your physician or pharmacist