A white background with pink lines and a person silhouette

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**BLADDER DIET: THINGS TO TRY**

**ACCEPTABLE FOODS AND SUPPLEMENTS:**

* Vitamin A (750-1200 mg daily)
* Magnesium (300 mg daily)
* Zinc (50 mg daily)
* Vitamin D (2000 iu daily)
* Whole wheat grains and unleavened breads
* Oatmeal
* Pumpkin and pumpkin seeds
* It is okay to eat the following fruits:
  + Berries of all types (blueberries, blackberries and raspberries, etc.)
  + Bananas
  + Watermelon
  + Pears
  + Papaya
  + Apricots
  + Cranberries and cranberry juice
* It is okay to eat any meats not on the “AVOID” list below. These include:
  + Eggs
  + Fish and seafood of all types
  + Lamb
  + Pork
  + Poultry
  + Most beef

**OTHER RECOMMENDATIONS:**

* Lose weight (5-10lbs makes a big difference)
* Walk 30 minutes a day
* Drink water when thirsty, but restrict fluids near bedtime
* Time your voids by urinating every 2-4 hours to keep your bladder from being too full
* If you are a smoker, stopping helps

**BLADDER DIET: THINGS TO AVOID**

**FOODS AND SUPPLEMENTS TO AVOID:**

* B Vitamin supplements
* Foods and supplements containing Vitamin C and ascorbic acid
  + This includes oranges, orange juice, grapefruits, lemons, and limes
* All fruits not on the “ACCEPTABLE” food list
* Avoid the following drinks:
  + Alcohol of any kind
  + Caffeinated beverages of any kind (coffee, tea, soda, etc.)
  + Carbonated beverages of any kind, including carbonated water
* Avoid the following meats:
  + Chicken livers
  + Corned beef
  + Pickled herring
  + Cured meats, such as salami and pepperoni, etc.
  + Canned or processed tuna
  + Canned or processed crabmeat
  + Bacon
  + Lunchmeats
  + Hot dogs
* Avoid the following dairy products:
  + Yogurt
  + All cheeses
  + Mayonnaise
  + Sour Cream
* Any foods containing sugar (chocolate, desserts, juices, sodas, etc.)
* Avoid all sugar substitutes (Stevia, sucralose, NutraSweet, saccharin, etc.)
* Vinegar
* Soy products (soy sauce, tofu, veggie patties, etc.)
* Spicy foods of any kind
* Tomatoes, tomato juice and tomato-based sauces
* Onions
* Avocados
* Nuts of any kind
* Fava beans
* Lima beans
* White bread and any bread containing brewer’s yeast or yeast extract