

**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