

## DIETARY IRRITANTS TO THE URINARY TRACT

### Acidic Foods to be Avoided\*

All alcoholic beverages	Cranberries	Apples	Grapes
Apple juice	Guava	Cantaloupe	Lemon juice
Carbonated drinks	Peaches	Chilies/Spicy foods	Pineapple
Coffee	Plums	Strawberries	Tomatoes
Vinegar	Onions		

### Other Possible Bladder Irritants (variable)

Spices, especially HOT ones

All wheat, rye, corn, oats, barley and their derivatives.

Grain alcohols.

Liquid glucose.

All vegetable fats except olive oil.

Bean family including ground nuts and coca bean (this means chocolate).

### SUBSTITUTIONS THAT YOU CAN MAKE IN YOUR DAILY DIET.....

1. Coffee that has the acid removed. KAVA and ROMBAUTS are two brands found in grocery stores.
2. Herbal teas provided they don't contain large amounts of citrus. Weak tea: Dunk a tea bag in water four times quickly to color the water.
3. OVALTINE instead of chocolate drinks.
4. Fruit juices: Apricot nectar, pear nectar and papaya juice.
5. Late harvest dessert wines (low acid content).
6. Fructose, as found in SUPEROSE instead of NutraSweet or Saccharine.
7. Carob for chocolate in a recipe.
8. Orange or lime peel scrapings for flavor. Do not use white part of rind.
9. Pine nuts in place of other types of nuts.
10. Breads made with potato flour, soya flour or rice flour.

Vitamins: vitamin C only calcium ascorbate co-buffered with calcium carbonate. Vitamin E: take in powered form instead of oil capsules. The only B vitamin to use is B6.

### References:

You don't Have to Live With CYSTITIS! Larrian Gillespie, M.D. Rawson Associates: New York. 1986.

CYSTITIS. The Complete Self-Help Guide. Angela Kilmartin. Warner Books: New York. 1981.

Both of these books have merit in helping further one's understanding of the complexity of cystitis. We do not agree with everything that is in these books, but we feel they provide a basis for understanding how difficult it is to identify the exact cause of your particular symptom complex.