



CCOG

Women's Health Group

OBSTETRICS • GYNECOLOGY • MIDWIFERY

## Dietary Irritants

The feeling of urinary frequency, urgency, and sometimes, incontinence can be caused by infection or by dietary irritants. Of course, bacterial infections must be treated with antibiotics. However, if infection is ruled out by lab tests, dietary change may reduce or completely relieve symptoms.

The following foods are acidic and can cause irritation of the bladder lining:

### **Fruits**

Apples and apple juice  
Cantaloupe  
Citrus fruit  
Cranberries and cranberry juice  
Grapes

Guava  
Peaches  
Pineapple  
Plums  
Strawberries

### **Other**

Chili and spicy foods  
Chocolate  
Nutrasweet/Aspartame  
Tomatoes  
Vitamin B Complex  
Vinegar

### **Beverages**

Alcohol  
Coffee (including decaffeinated)  
Carbonated beverages  
Tea

For substitutions, you can use low acid fruit: apricots, papaya, pears and watermelon. Coffee drinkers can drink Kava or other low-acid instant drinks. Tea drinkers can substitute no citrus herbal and sun brewed teas. Calcium carbonate buffered with calcium ascorbate can be used for Vitamin C.

