

# The IC-Smart Diet

Many people with interstitial cystitis (IC) find that changes in their diet can help to control IC symptoms and avoid IC flare-ups. Typically, avoiding foods known to be common bladder irritants, such as coffee or citrus products, is a good idea. This helpful guide can help you make "IC-Smart" meal choices. Keep it handy for easy reference when dining out or when preparing meals at home.

## IC-Friendly Foods

## Foods to Avoid

<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Bananas</li> <li>• Blueberries</li> <li>• Honeydew melons</li> <li>• Watermelons</li> <li>• Raisins</li> <li>• Gala, Fuji, &amp; Pink Lady apples</li> <li>• Pumpkins</li> <li>• Pears</li> </ul>	<ul style="list-style-type: none"> <li>• Grapefruit</li> <li>• Lemons &amp; Oranges</li> <li>• Pineapples</li> <li>• Kiwis</li> <li>• Sour or tart apples (Granny Smith)</li> <li>• Nectarines</li> <li>• Tart or bitter grapes</li> <li>• Cranberries</li> <li>• Sour strawberries or sour cherries in large quantities</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Sweet potatoes &amp; yams</li> <li>• Most beans</li> <li>• Bell peppers</li> <li>• Broccoli</li> <li>• Carrots</li> <li>• Asparagus</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Lettuce</li> <li>• Mushrooms</li> <li>• Peas</li> <li>• Radishes</li> <li>• Squash &amp; zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• Raw onions</li> <li>• Hot chili peppers</li> <li>• Pickles</li> <li>• Sauerkraut</li> <li>• Tomato products</li> <li>• Edamame</li> <li>• Roasted soybeans</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• American cheese</li> <li>• Cottage cheese</li> <li>• Mozzarella cheese</li> <li>• Mild cheddar</li> <li>• Feta cheese</li> <li>• Ricotta cheese</li> <li>• String cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt (lemon, lime, orange, chocolate, mocha, or artificial sugars)</li> <li>• Processed and heavily spiced cheeses</li> <li>• Chocolate ice cream</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>• Pasta: wheat, rice, and corn</li> <li>• Quinoa</li> <li>• Oats</li> <li>• Buckwheat</li> <li>• Matzo</li> <li>• Polenta</li> <li>• Grits</li> <li>• Couscous</li> <li>• Millet &amp; spelt</li> <li>• Breads (except those on the avoid list)</li> </ul>	<ul style="list-style-type: none"> <li>• Heavily processed or fortified breads and pastas</li> <li>• Heavily preserved, sweetened, flavored and chocolate cereals</li> <li>• Soy flour</li> </ul>



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<b>Meat &amp; Fish</b>	<ul style="list-style-type: none"> <li>• Chicken</li> <li>• Turkey</li> <li>• Beef</li> <li>• Pork</li> <li>• Lamb</li> </ul>	<ul style="list-style-type: none"> <li>• Shrimp</li> <li>• Tuna</li> <li>• Salmon</li> <li>• Deli meats (gluten and color free)</li> </ul>	<ul style="list-style-type: none"> <li>• Aged, canned, cured, processed prepackaged, or smoked meats &amp; fish</li> </ul>	<ul style="list-style-type: none"> <li>• Deli meats that are heavily spiced, salted, or flavored (ex. salami)</li> </ul>
<b>Nuts &amp; Oils</b>	<ul style="list-style-type: none"> <li>• Almonds</li> <li>• Cashews</li> </ul>	<ul style="list-style-type: none"> <li>• Peanuts</li> <li>• Most Oils</li> </ul>	<ul style="list-style-type: none"> <li>• Filberts</li> <li>• Hazelnuts</li> </ul>	<ul style="list-style-type: none"> <li>• Pecans</li> <li>• Pistachios</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Milk: whole, low-fat, nonfat, lactaid, rice, goat, and almond milk</li> <li>• Blueberry &amp; pear juice</li> </ul>	<ul style="list-style-type: none"> <li>• Milkshakes: vanilla, coconut, &amp; caramel</li> <li>• Tea: chamomile, peppermint, and herbal teas</li> </ul>	<ul style="list-style-type: none"> <li>• Alcoholic beverages, including beer and wine</li> <li>• Carbonated drinks, including soda</li> <li>• Coffee and tea</li> </ul>	<ul style="list-style-type: none"> <li>• Citrus juice: grapefruit, orange</li> <li>• Tomato, acai, and cranberry juices</li> <li>• Milkshakes: chocolate, coffee, &amp; mocha</li> </ul>
<b>Seasonings</b>	<ul style="list-style-type: none"> <li>• Garlic and other seasonings (except those on the avoid list)</li> </ul>		<ul style="list-style-type: none"> <li>• Ketchup</li> <li>• Spicy mustard</li> <li>• Miso</li> <li>• Soy sauce</li> <li>• Vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• Cayenne</li> <li>• Hot curry powder</li> <li>• Horseradish</li> <li>• Spicy foods (especially Mexican, Indian, and Thai foods)</li> </ul>
<b>Food Additives</b>			<ul style="list-style-type: none"> <li>• Ascorbic acid</li> <li>• Monosodium glutamate (MSG)</li> <li>• Aspartame (NutraSweet®)</li> </ul>	<ul style="list-style-type: none"> <li>• Saccharin</li> <li>• Foods containing preservatives and/or artificial ingredients or colors</li> </ul>

