

Bladder Diet Guidelines

Fruits (2 servings daily)	Allow: Bananas, coconuts, dates, blueberries, melons, cranberries	Avoid: Citrus, all other fruits and juices(cranberry, orange)
Vegetables (3 servings daily)	Allow: Homegrown tomatoes and many others except ones listed to avoid	Avoid: Tofu, store-bought tomatoes, onions, soybeans, lima beans, fava beans
Milk/Dairy (2 servings daily)	Allow: Milk, American cheese, cottage cheese, frozen yogurt, white chocolate	Avoid: Aged cheese, yogurt, sour cream, soy milk/cheese, chocolate
Carbs/Grains (6 servings daily)	Allow: Pasta, rice, potatoes, whole wheat bread, oat	Avoid: Rye and sourdough breads
Meats/Fish (6 oz daily)	Allow: Poultry, fish, pork, lamb, shrimp, tuna fish, salmon, turkey	Avoid: Aged, canned, cured, processed or smoked meats/fish, anchovies, caviar, chicken livers, corned beef, meats with nitrates/nitrites
Nuts/Oils	Allow: Most oils, almonds, cashews, and pine nuts	Avoid: Most other nuts
Beverages (6-8 oz daily)	Allow: WATER, decaffeinated acid-free coffee or tea, some herbal teas	Avoid: Alcoholic beverages(beer and wine), carbonated drinks such as soda, coffee, tea (green, black, white), fruit juices like citrus/cranberry
Seasonings	Allow: Garlic and other seasonings except ones listed to avoid	Avoid: Mayonnaise, miso, soy sauce, salad dressing, vinegar, spicy foods, especially Chinese, Mexican, Indian, and Thai foods
Preservatives/Sweeteners	Allow: Stevia, honey, agave nectar	Avoid: Artificial sweeteners (saccharin, aspartame, sucralose, Truvia), benzyl alcohol, citric acid, monosodium glutamate(MSG), foods containing preservatives, artificial ingredients/colors