

# 2012 ICN Food List

For Interstitial Cystitis, Bladder Pain Syndrome, Overactive Bladder  
Interstitial Cystitis Network - <http://www.ic-network.com>



## Understanding the IC Diet

If you are newly diagnosed and your bladder symptoms are raging, you may be in so much discomfort that you simply can't tell if foods irritate your bladder. Diet modification is a critical first step in gaining control over your symptoms. Ask yourself "would you pour coffee on an open wound on your hand?" The answer, of course, is **"no."** Then how can you justify pouring acid on a wound in your bladder?

It's time to take charge of your diet to protect and soothe your bladder. For the next three to six months, you should eliminate the most common bladder irritating foods and you'll also need to do quite a bit of experimentation as you create your own, personalized food list. We've included two lists to help you on your journey.

In the tables on this page, you'll see what research studies have identified as the *"more bothersome"* and *"less bothersome"* foods for IC patients. The more bothersome foods (Table 1) come as no surprise and are the **"no brainers"** that you'll want to remove immediately from your diet. In Table 2, you will find foods which IC patients were generally able to enjoy without irritating their bladders provided, of course, that you don't add risk foods to them (i.e. hot spicy sauces).

The **2012 ICN Food List** is much more comprehensive and is based on both research studies and patient experiences. It will allow you to find IC friendly versions of some of your favorite foods.

**"Bladder Friendly Foods"** are those which most patients tolerate well. These are the foods and beverages we suggest that you consume when you are having bladder discomfort. They rarely trigger bladder irritation.

**"Foods Worth Trying Cautiously"** are generally safe though they may irritate more sensitive bladders. They should be tried in small quantities first.

**"Foods to Avoid"** are those well known for triggering bladder discomfort.

Foods with a (+) sign can be soothing during an IC flare.

Table 1 - Most Bothersome Foods*	
Coffee (caffeinated)	Orange juice
Coffee (decaffeinated)	Pineapple juice Tomato
Tea (caffeinated)	Tomato products
Cola carbonated beverage	Hot peppers
Non-cola carbonated beverage	Spicy foods
Diet carbonated beverage	Chili
Caffeine-free carbonated beverage	Horseradish
Beer	Vinegar
Red Wine	Monosodium glutamate (MSG)
White Wine	NutraSweet
Champagne	Sweet 'N Low
Grapefruit	Equal (sweetener)
Lemon	Saccharin
Orange	Mexican food
Pineapple	Thai food
Cranberry juice	Indian food
Grapefruit juice	
Table 2 - Least Bothersome Foods*	
Water	Squash
Milk, low-fat	Zucchini
Milk, whole	White potatoes
Bananas	Sweet potatoes/yams
Blueberries	Chicken
Honeydew melon	Eggs
Pears	Turkey
Raisins	Beef
Watermelon	Pork
Broccoli	Lamb
Brussels Sprouts	Shrimp
Cabbage	Tuna fish
Carrots	Salmon
Cauliflower	Oat
Celery	Rice
Cucumber	Pretzels
Mushrooms	Popcorn
Peas	
Radishes	

\*Friedlander J. et al. Diet and its role in interstitial cystitis/bladder pain syndrome (IC/BPS) and comorbid conditions. BJU International. BJU Int. 2012 Jan 11.

2012 Interstitial Cystitis Network Food List - Page 3

	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
<b>Acacia Fiber</b>	powdered, unflavored		
<b>Acidophilous</b>	acidophilous capsules		
<b>Allspice</b>		ground or grated	
<b>Almond Extract</b>	look for organic, higher quality extracts		
<b>Almonds</b>	unsalted, organic, raw, roasted or almond butter (i.e. Zinke & Blue Diamond)	lightly seasoned, candied, caramel or carob covered almonds (i.e. Nunes Farms)	chocolate covered, heavily seasoned with "hot" chili flavoring and spices
<b>Aloe</b>		Desert Harvest Aloe® capsules	aloe beverages containing risky ingredients such as Vitamin C, Maca, Camu
<b>Amaranth</b>		amaranth - grain, cereal	
<b>Anise</b>	ground & pods		
<b>Apples</b>	sweet, mild apples (i.e. Gala, Fuji, Pink Lady), jam, jelly, pies, tarts, juice	sweet Red or Green Delicious apples	sour or very tart apples (i.e. Granny Smith)
<b>Applesauce</b>	homemade applesauce made with Gala, Fuji or Pink Lady apples	brand name or baby applesauces may include acids or spices that can irritate the bladder	
<b>Apricots</b>		fresh apricots, jam, jelly, pies, tarts, organic dried apricots	
<b>Artichokes</b>	fresh, steamed & boiled		artichoke hearts marinated in vinegar
<b>Ascorbic Acid</b>		low acid ester C	ascorbic acid
<b>Asparagus</b>	fresh, steamed & boiled		asparagus marinated in vinegar
<b>Autolyzed Yeast</b>			autolyzed yeast
<b>Avocado</b>	fresh, ice cream, mild guacamole		guacamole with strong, hot, chili spices
<b>Bacon</b>	uncured, preservative free turkey or pork bacon	mildly spiced, cured bacon products	heavily cured, preserved, smoked or spiced bacon products
<b>Baking Powder &amp; Soda</b>	double acting or single acting powder, baking soda		
<b>Bananas</b>		fresh banana, bread, fritters, ice cream	chocolate covered, banana chips treated with sulfur
<b>Basil</b>	fresh, flakes, infused olive oil	pesto sauce	
<b>Beans</b>	black eyed peas, garbanzo, lentils, pinto, white, most dried beans	fava, kidney beans, lima beans, black beans	
<b>Beef</b>	fresh or frozen roasts, steaks, ground beef & other cuts	mild corned beef	heavily spiced, preserved or prepackaged products
<b>Beer</b>		light lagers, light hybrid beers, light ales	brown ales, stout, hard cider, german white or rye beer, belgian or french ale, brown ales
<b>Beets</b>	fresh, steamed, boiled, canned		pickled beets in vinegar
<b>Bell Peppers</b>	yellow, orange and red peppers	green peppers	
<b>Berries</b>	blueberries	blackberries, raspberries, olallieberries	cranberries, strawberries in large quantities

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## 2012 Interstitial Cystitis Network Food List - Page 4

	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
<b>Blueberries</b>	jam, fruit bars, tarts and pies, ice cream		
<b>Breads</b>	corn+, oat+, pita, potato+, white+, Italian sweet, whole wheat	rye, pumpernickel, sourdough breads - Ezekiel bread is popular for its high fiber and protein but could bother soy sensitive patients	breads made with unsafe ingredients and/or heavily processed and fortified
<b>Breads - sweet</b>	homemade zucchini bread+, pumpkin bread, apple bread	banana bread	
<b>Broccoli</b>	fresh, frozen, steamed, boiled		
<b>Brussels Sprouts</b>	fresh, frozen, steamed, boiled		
<b>Butter and Margarine</b>	real butter, sweetened or unsweetened	Soybean oil based margarines may be irritating for some	
<b>Buttermilk</b>		fresh - try a small amount first to see if you tolerate it well	
<b>Cabbage</b>	raw or cooked		pickled or sauerkraut
<b>Cake</b>	homemade pound, angel food, white+, yellow+	Dr Oetker's Organic White Cake Mix, carrot cake without problem ingredients	chocolate, commercial mixes that use artificial colorings and flavorings
<b>Calcium</b>	calcium citrate or carbonate tablets		
<b>Candy</b>	carob, caramel, mint, butterscotch, divinity	licorice, white chocolate, cotton, mild gums (sugar or xylitol based)	red hot-type cinnamons, sour candy, most sugar-free candy and gums
<b>Cantaloupe</b>		fresh - try in small quantities, it is more irritating than other melons	
<b>Caraway</b>	caraway seeds		
<b>Carob</b>	chips, powder, candy		
<b>Carrots</b>	fresh, raw or steamed	carrot cake without problem ingredients	
<b>Catsup and Ketchup</b>		used in small quantities	used in large quantities
<b>Cauliflower</b>	fresh, raw or steamed		
<b>Cayenne</b>			cayenne
<b>Celery</b>	fresh, raw or steamed		
<b>Celery Seed</b>		ground	
<b>Cereals</b>	oatmeal, oat, rice and fiber without problem ingredients	Ezekiel Cereal, Fiber-One, Kashi Go-Lean, Grape Nuts, Cheerios, Kashi Autumn Wheat	heavily preserved, sweetened, flavored, chocolate
<b>Cheese</b>	American, mozzarella, cheddar cheese (mild), feta, ricotta+, string cheeses+	blue cheese, brie, brick parmesan, camembert, cheddar cheese (sharp), edam, emmenthaler, gruyere hard jack, Monterey Jack, parmesan (fresh & canned), Roquefort, stilton, Swiss	processed, heavily spiced, cheese in a can products
<b>Cheese Substitutes</b>			tofu and soy cheeses
<b>Cheesecake</b>	plain, vanilla bean, blueberry, peppermint, caramel, dulce de leche, pumpkin	dutch apple	chocolate, mocha, lemon, key lime, strawberry

## 2012 Interstitial Cystitis Network Food List - Page 5

	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
<b>Cherimoya</b>		fresh	
<b>Cherries</b>		fresh cherries, organic maraschino	sour cherries
<b>Chervil</b>		dried chervil	
<b>Chicken</b>	fresh cooked (baked, fried, roasted, sauteed)		“fast food,” prepackaged, heavily spiced chicken products
<b>Chili Peppers</b>			hot, chili pepper flakes, medium or hot salsa, “hot” spiced foods such as chili, bbq, hot wing sauce
<b>Chili Powder</b>			ground chili powder
<b>Chips</b>	corn or potato chips - plain		strongly seasoned or salty chips, such as barbecue, buffalo wing, jalapeno, sweet chili, salt & vinegar, red hot, cheddar & sour cream
<b>Chives</b>	fresh, dried		
<b>Chocolate</b>	carob is a bladder friendly substitute	white or a very high quality dark	milk, bittersweet, cocoa powder
<b>Cilantro</b>		fresh, dried	
<b>Cinnamon</b>		ceylon cinnamon	chinese cassia cinnamon may be too strong
<b>Citric acid</b>		very small quantities when used as a preservative for some canned foods	large quantities or when used as a flavoring (i.e. most sodas)
<b>Citrus Fruits</b>			lemons, limes, oranges, grapefruit, clementine
<b>Citrus Peel</b>		fresh or dried citrus peel	candied citrus peels
<b>Cloves</b>			ground, whole
<b>Coconut</b>	flakes (untreated, organic), milk, ice cream, sorbet		coconut treated with metabisulfite
<b>Coffees</b>		herbal coffees (Pero, Cafix, Kaffree Roma) or low acid decaf coffees (Simpatico, Euromild, Puroast or Tyler’s)	traditional coffees (regular & decaf) should be avoided due to their high acid and/or caffeine content
<b>Colonoscopy Preps</b>	MiraLAX® protocol with water	MiraLAX® protocol with clear, green or blue Gatorade®	
<b>Cookies</b>	oatmeal+ , shortbread, sugar+, carob chip, mexican wedding, biscotti, almond	snickerdoodles, peanut butter	chocolate chip, cranberry
<b>Coriander</b>	ground		
<b>Corn</b>	fresh yellow, white, blue, mixed corn, cornmeal, polenta, grits		
<b>Cottage Cheese</b>	plain cottage cheese, large curd made with sennet (low acid)	cottage cheese, small curd made without rennet (higher acid)	
<b>Crackers</b>	matzo, soda or soup	crackers without obvious problem ingredients, Triskets, organic, stone ground wheat, rice thins	strongly spiced crackers

## 2012 Interstitial Cystitis Network Food List - Page 6

	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
<b>Cranberry Products</b>			all juice, supplements, pills
<b>Cream Cheese</b>	fresh, plain cream cheese	mildly spiced cream cheeses (i.e. pumpkin, italian herb, savory garlic)	
<b>Cucumber</b>	burpless hybrid, orient express or sweet slice varieties		dill or sweet pickle relish and pickles may include vinegar
<b>Cumin</b>		ground	
<b>Currants</b>		organic fresh or dried currants	
<b>Curry - Hot</b>			curry powder, hot
<b>Custards</b>	vanilla, coconut, creme brulee		
<b>Dates</b>	organic fresh or dried dates		
<b>Deli Meats</b>	filler, gluten, color free meats (i.e. Boar's Head, Hormel Natural)	liverwurst, ham, bologna, mortadella, prosciutto without heavy preservatives or flavorings	heavily spiced, salted, flavored meat products such as salami and pepperoni
<b>Dill</b>	fresh, dried		
<b>Divinity</b>	vanilla, peppermint		
<b>Donuts</b>	glazed, sugar coated, old fashioned, cream cheese	maple, apple, raspberry	chocolate
<b>Dried Fruit</b>		organic dried apples, peaches, apricots, prunes without preservatives	dried fruits with preservatives
<b>Drink Powders</b>		white hot chocolate mixes	Kool-aid®, lemonade, orange, and all powdered chocolate and sweet tea drinks
<b>Eggnog</b>	fresh eggnog without alcohol		eggnog with coffee or strong alcohol
<b>Eggplant</b>	baked, sauteed		eggplant parmigiana with tomato sauce
<b>Eggs</b>	artificial-stimulant-free and veggie-fed eggs, dried or pasteurized egg whites	Egg Beaters	
<b>Fennel</b>	fennel - fresh, dried		
<b>Fibers</b>	bulk acacia fiber (Heather's Tummy Fiber™), bulk psyllium fiber (Benefiber®, Metamucil Clear & Natural®) - psyllium or inulin without artificial sugars or citrus flavors	Metamucil® Cinnamon Wafers	Metamucil® - orange, lemon or berry Benefiber® - Plus Heart Health, Plus Calcium contain artificial sugar and orange flavoring
<b>Figs</b>		fresh, dried	
<b>Fish</b>	fresh or frozen cod, sole, tilapia, salmon, tuna, anchovies	canned tuna, salmon, anchovies or caviar packed in water	"fast food," heavily spiced, smoked, preserved or prepackaged products
<b>Fish Oil</b>	capsules, liquid without citrus		fish oils using lemon or other citrus flavors
<b>Flax Seed Oil</b>		capsules	
<b>Flours</b>	buckwheat, wheat, rice, corn		soy
<b>Folic Acid</b>		tablets	

## 2012 Interstitial Cystitis Network Food List - Page 7

	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
<b>Frostings</b>	homemade vanilla, buttercream, caramel, carob frostings and whipped cream	Dr Oetker's Organic Vanilla Frosting Mix	most canned frostings contain high amounts of preservatives, sweeteners and artificial flavorings
<b>Fruit &amp; Nut Bars</b>	blueberry, pear	almond, peanut, coconut, apple, blueberry, raisin	cranberry, tart grape, chocolate
<b>Fruitcakes</b>			whiskey, alcohol, rum, risky dried fruits, risky nuts
<b>Garden/Veggie Burgers</b>		fresh, preservative free garden burgers - beware soy sauce flavoring	soy veggie patties
<b>Garlic</b>	fresh, dried, powder, infused oil	garlic salt	
<b>Ginger</b>		fresh, dried	
<b>Graham Crackers</b>	organic, plain, honey coated	cinnamon	
<b>Grapes</b>		fresh, sweet grapes	tart or bitter grapes
<b>Green Beans</b>	fresh, frozen	canned beans	
<b>Greens</b>	collard greens, kale, mustard greens, okra, swiss chard, spinach, bok choy	chicory, dandelion greens, purslane, turnip greens	
<b>Guava</b>			fresh or preserved guava products
<b>Gum</b>	sugar based, mint or licorice flavors	sweetened with xylitol, mint or licorice flavors	gums with most artificial sweeteners, hot spicy flavors, citrus flavors
<b>Horseradish</b>			grated, flakes, powder
<b>Hot Dogs</b>	uncured, preservative free chicken, turkey, beef or pork hot dogs (i e Niman Ranch)	mildly seasoned hot dogs	cured, smoked hot dogs
<b>Hydrolyzed Protein</b>			hydrolyzed protein may be hidden MSG
<b>Ice Cream</b>	peppermint, vanilla+	caramel, coconut, mango, peppermint, almond, butter pecan	chocolate, coffee, rocky road, citrus flavors
<b>Italian Sodas</b>	blueberry, coconut, pear made with low sodium mineral water	raspberry, blackberry, strawberry, root beer, peach, watermelon	cola, lemon, lime, orange, chocolate, coffee using high sodium mineral waters
<b>Juices</b>	blueberry & pear (i.e. Knudsen's Organic Pear juice)	baby apple or grape juices, low acid orange juice, some "organic" adult apple juices	cranberry, grapefruit, regular orange, tomato and acai juices
<b>Kiwi fruit</b>			fresh or preserved kiwi fruit, jams and jelly
<b>Lamb</b>	fresh or frozen		heavily spiced, preserved or prepacked lamb products
<b>Lard</b>	lard		
<b>Leeks</b>		fresh, usually cooked	
<b>Lemon extract</b>		organic, lemon extract	
<b>Lettuce &amp; Salad Greens</b>	green leafy, romaine, butterhead, iceberg, looseleaf	bitter salad greens (i e radicchio)	
<b>Licorice</b>		black, raspberry, cherry licorice	

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## 2012 Interstitial Cystitis Network Food List - Page 8

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<b>Liquors &amp; Spirits</b>		sake, scotch, brandy, bourbon, gin, rum, vodka	whiskey, liqueurs, tequila
<b>Liver</b>	beef or chicken liver		
<b>Mace</b>	ground		
<b>Malt Powder</b>		preservative free	
<b>Mango</b>		fresh or dried mango, juice, jams and jellies	
<b>Maple Syrup</b>	homemade or store bought authentic maple syrup		all imitation syrups - regular, lite or sugar free
<b>Marjoram</b>	fresh, dried+		
<b>Mayonnaise</b>		regular and olive oil mayonnaise	
<b>Meat Tenderizers</b>			these usually contain MSG and high salt
<b>Melons</b>		crenshaw, honeydew, watermelon	cantaloupe
<b>Milk</b>	regular, low fat, non-fat, lactaid	goat's milk	chocolate, soy
<b>Milk Substitutes</b>	almond and rice milks	regular non-dairy creamers, such as Mocha Mix	soybean based, chocolate or mocha flavors
<b>Milkshakes</b>	vanilla, coconut and caramel are usually bladder friendly	blueberry, peach or other IC friendly fruits	chocolate, coffee and mocha shakes
<b>Miso</b>			powder, liquid
<b>Mixers</b>	water, low acid sparkling water (San Pellegrino), milk, cream, egg nog	blueberry juice, peach juice, pomegranate juice, apple juice, root beer	lime juice, lemon juice, lemonade, cola, lemon sodas, tomato juice
<b>MSG &amp; Misc. Additives</b>			monosodium glutamate, modified food starch, hydrolyzed proteins, sodium caseinate, yeast extract, autolyzed yeast
<b>Muffins</b>	oatmeal, carrot, bran, apple, corn, pumpkin, blueberry	cinnamon, raspberry, blackberry, banana	chocolate, chocolate chip, cranberry, orange, lemon poppyseed
<b>Mushrooms</b>	button, chantarelle, shiitake, portabello, enoki, truffles		
<b>Mustard</b>		mild, sweet flavors	hot, spicy, alcohol infused flavors
<b>Nectarines</b>		fresh, very sweet nectarines	sour or tart nectarines
<b>Non-Dairy Creamers</b>	creamers without soybean oil	Mocha Mix® for patients not sensitive to soy	artificially flavored creamers, such as coffee, chocolate, mocha or cherry
<b>Noodles &amp; Pasta</b>	wheat, rice, corn, quinoa	pesto, carbonara, clam, alfredo	tomato, premade pasta dishes with heavy flavorings and/or preservatives
<b>Nut Butters</b>	almond, peanut that are lower in salt and hydrogenated oils (i e Zinke Farms)		
<b>Nutmeg</b>		ground	
<b>Nuts</b>	almonds, cashews, peanuts	macadamia, pecans, walnuts	filberts, hazelnuts, pecans, pistachios
<b>Oatmeal Bars</b>	oatmeal bars without problem ingredients		chocolate, cranberry



## 2012 Interstitial Cystitis Network Food List - Page 9

	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
<b>Oils</b>	almond, canola, coconut, corn, olive, peanut, safflower, sesame, herb infused olive oils	Soybean oil can bother some patients Try it cautiously!	
<b>Olives</b>	black olives in water	green olives in water, green olives stuffed with almonds	martini olives marinated in vermouth or stuffed with chili peppers
<b>Onion Powder</b>		organic white, yellow, red, toasted	
<b>Onions</b>		white, red, green, pearl, scallions, chives	raw bulb onions
<b>Orange Extract</b>		organic extract in very small quantities	
<b>Oregano</b>	fresh, dried		
<b>Papaya</b>		fresh or preserved papaya products	
<b>Paprika</b>		made from bell peppers	made from chili peppers, oleoresin paprika
<b>Parsley</b>	fresh or dried		
<b>Passion Fruit</b>		fresh or preserved products, juice	
<b>Pastries</b>	plain, almond, pear, custard, pumpkin	blueberry, cinnamon	chocolate and/or problem fruits
<b>Peaches</b>		fresh peaches, jam, pie, tart, juice	
<b>Peanut Butter</b>	organic, natural peanut butters that are lower in salt and hydrogenated oils		
<b>Peanuts</b>	raw, roasted, unsalted, lightly salted, peanut butter		heavily spiced, salted, or coated with chocolate
<b>Pears</b>	juice, fruit bars, jams, canned pears in pear juice		
<b>Peas</b>	green peas+, snow peas, split peas (fresh or dried)		
<b>Pepper</b>	fresh	black, white, green powders	cayenne, pink, sichuan powders
<b>Persimmon</b>		persimmon fruit	
<b>Pickles</b>			sweet or dill
<b>Pie</b>	custard, cream pie, homemade apple pie (with safe apples), pumpkin pie	peach pie, banana cream	pecan, mincemeat, key lime, lemon meringue, chocolate
<b>Pineapple</b>			pineapple fruit and juice
<b>Pizza</b>	plain, mild cheese, mushroom, veggie made without red sauce	plain, chicken & garlic, veggie, ham, alfredo sauce, creamy garlic sauce, basil pesto sauce	pepperoni, hot sausage, marinara sauce, bbq sauce, chili pepper flakes
<b>Plums</b>		fresh, sweet, organic dried plums & prunes	
<b>Popcorn</b>	homemade (fried or steamed)	“all natural” microwaveable popcorn with no added flavors, preservatives or colors	microwaveable packages heavily spiced (i.e. jalapeno, kettle corn, spicy nacho, etc.)
<b>Poppy Seed</b>	poppy seeds, muffins, cakes		
<b>Popsicles</b>	coconut, vanilla, carob	banana, blueberry, mango and raspberry	chocolate, lemon, orange, lime

## 2012 Interstitial Cystitis Network Food List - Page 10

	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
<b>Pork</b>	fresh or frozen	uncured, preservative free hot dogs, bacon and sausage (i.e. Niman Ranch products)	heavily spiced, preserved or cured pork products
<b>Potato Flakes</b>	dried		
<b>Potatoes</b>	white, red, yellow, baking, sweet, yams		
<b>Preservatives</b>			BHA, BHT, benzoates, citric acid, metabisulfite, sulfite
<b>Pretzels</b>	plain, unsalted	lightly salted	heavily spiced or salted
<b>Prosciutto</b>		mild with minimal preservatives	
<b>Protein Powder</b>	whey, egg whites (i.e. Just White's Egg White Powder)		soy powders
<b>Prunes</b>	fresh plums	organic dried prunes, prune juice (diluted with water)	avoid heavily preserved dried fruit
<b>Psyllium Fiber</b>	ground, coarse (husk)		sugar free or citrus flavored psyllium fiber products
<b>Puddings</b>	tapioca, vanilla+, rice+, coconut, creme brulee	butterscotch, banana	chocolate
<b>Pumpkin</b>	fresh, canned, soup, bread, muffins without problem ingredients		
<b>Quinoa</b>	flour, pasta, bread, cereal		
<b>Radishes</b>	fresh		
<b>Raisins</b>		organic, untreated gold or brown	treated gold or brown
<b>Red Wines</b>	none	Merlot, Pinot noir, Cabernet, Syrah	Sangiovese, Zinfandel, Port
<b>Rhubarb</b>	fresh		strawberry & rhubarb pie
<b>Rice</b>	short grain, long grain, basmati, wild		cajun, spicy boxed products
<b>Rice Dream®</b>	vanilla	carob almond, mint carob chip	chocolate
<b>Rosemary</b>	fresh, dried		
<b>Rutabaga</b>	fresh, organic		
<b>Sage</b>	sage+ fresh, dried		
<b>Salad Dressing</b>	some homemade salad dressings (i.e. ranch dressing), herb infused olive oils	"organic" brand name dressings without problem ingredients or spices (i.e. Marie's)	oil & vinegar, dressings with strong "hot" spices
<b>Salt</b>	table, sea, iodized, kosher, celtic in small quantities	coarse in small quantities	rock, seasoned
<b>Sauerkraut</b>			sauerkraut, pickled cabbage
<b>Sausages</b>	uncured, preservative free chicken, pork or turkey sausages	mildly spiced sausage or sausage meat, such as mild italian sausage or breakfast sausages	avoid heavily preserved, cured, smoked or spiced sausages
<b>Seafood</b>	clams, crabmeat (not canned), lobster, shrimp		heavily spiced, preserved or prepacked seafood products, canned crab meat

## 2012 Interstitial Cystitis Network Food List - Page 11

	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
<b>Seeds</b>		organic, unsalted or lightly salted sunflower, pumpkin, sesame seeds	heavily seasoned, hot spiced, salty
<b>Senna</b>			teas, pills
<b>Sherbet</b>	vanilla, coconut, peppermint	raspberry, blackberry, melon, mango, strawberry	chocolate or citrus flavors
<b>Shortening</b>	shortenings free of soybean oil	Soybean oil based products	
<b>Smoked Fish</b>			heavily preserved, salted and/or cured smoked fish
<b>Snack Cakes</b>	homemade vanilla, pound or carrot cakes		fast food snack cakes
<b>Soft Drinks &amp; Sodas</b>		caffeine free root beer with ice may be attempted once or twice a month	all colas, sugar or diet, energy drinks, all citrus, mountain, ginger, guarana, strawberry
<b>Sorbet</b>	blueberry, pear, coconut	raspberry, blackberry, mango, peach	lemon, lime, orange
<b>Soups - Bouillon</b>	homemade chicken, beef or vegetable bouillon or stock		bouillon cubes, powder
<b>Soups - Canned</b>		organic and/or reduced salt canned soups	brand name soups high in salt and/or have problem ingredients
<b>Soups - Homemade</b>	homemade chicken, beef, turkey, squash, pea, bean, carrot, potato, corn		tomato soup, minestrone made with heavy tomato sauce, hot chili
<b>Soups - Packaged</b>			most instant or prepackaged soups
<b>Sour Cream</b>		sour cream	
<b>Soy Beans</b>			edamame, roasted
<b>Soy Products</b>		fresh, unflavored tofu	soy veggie patties, flour protein powder, aged tofu
<b>Soy Sauce</b>			soy sauce
<b>Specialty Grains</b>	couscous, grits, millet, quinoa+, spelt	amaranth	
<b>Squash</b>	summer (zucchini, patty pan, crookneck, yellow) winter (acorn, butternut, patty pan, spaghetti)		
<b>Starfruit</b>		fresh	
<b>Stool Softeners</b>	polyethylene glycol products - Miralax®	docusate products	
<b>Strawberries</b>		fresh, sweet strawberries (in small quantities)	strawberries in large quantities, sour strawberries, jams, jellies, flavorings
<b>Sweeteners - Artificial</b>		Splenda® (sucralose), Truvia® (stevia)	acesulfame K, aspartame, Nutrasweet®, saccharine, Sweet-N-Low®
<b>Sweeteners+</b>	brown sugar, white sugar, honey+	Splenda® (sucralose), Truvia® (stevia)	acesulfame K, aspartame, Nutrasweet®, saccharine, Sweet-N-Low®, Stevia
<b>Tahini</b>		tahini sauce in a small quantity	
<b>Tamari</b>			tamari sauce

Learn more about the IC diet and find many IC friendly foods on our website and in the ICN Shop! [www.ic-network.com](http://www.ic-network.com) & [www.icnsales.com](http://www.icnsales.com)

	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
<b>Tarragon</b>	fresh, dried		
<b>Teas</b>	chamomile+ and peppermint+ herbal teas	alfalfa, roasted carob, marshmallow root, licorice root, roobios	hot, iced or sweet regular and decaf black tea, green tea and most herbal blends
<b>Thyme</b>	fresh, dried		
<b>Tofu</b>		fresh without preservatives or heavy spices	premade, preserved, flavored varieties
<b>Tomatoes</b>		homegrown, yellow, low acid varieties	tomato sauce, paste, juice
<b>Tortillas</b>	corn, flour		
<b>Tums®</b>	Tums® - Peppermint	Tums® - Tropical Fruit, Assorted Fruit flavors	Tums® - Sugar Free and citrus flavors
<b>Turkey &amp; Fowl</b>	turkey, chicken, game hens		heavily cured, preserved, smoked or spiced fowl products
<b>Turmeric</b>		ground	
<b>Turnips</b>	fresh, organic		
<b>Vanilla</b>	extract, bean pods		
<b>Veal</b>	fresh or frozen		heavily spiced, preserved or prepacked veal products
<b>Vinegar</b>			white, apple cider, red wine, balsamic, spirit
<b>Vitamins</b>	A, B1, B2, B12, D, E, K	low acid Ester C	Vitamin C & B6
<b>Water</b>	tap or bottled	“essence” waters (i e MetroMint or Hint Waters) without sweeteners, colorings or artificial flavors	carbonated, “sparkling,” vitamin, flavored and/or heavily filtered water
<b>Watercress</b>		fresh	
<b>Watermelon</b>		fresh	watermelon pickles
<b>Wheat Flour</b>	all purpose, bread, buckwheat, cake, pastry, semolina, whole-wheat		
<b>Whipped Cream</b>	fresh whip cream, Cool Whip®		
<b>White Wines</b>	none	Chardonnay, Pinot Grigio, Riesling, Sauvignon Blanc	Champagne, Sparkling Wines, Gewurztraminer, Muscat, Semillion
<b>Worcestershire Sauce</b>			worcestershire sauce - all brands
<b>Yogurt</b>		plain, vanilla, blueberry, raspberry, peach or prune flavors	lemon, lime, orange, chocolate or mocha flavors, as well as yogurts that use aspartame or other artificial sugars



Looking for a portable list of foods? Released in February 2012, the “ICN Food List” application for smart phones is now available for download for both iTunes and the iPad in the App Store! Perfect for use while shopping or eating out at restaurants. Just 99 cents!

## From Our Mail Order Center - [icnsales.com](http://icnsales.com)

100% of the proceeds are dedicated to our IC outreach and educational services

### Books:

**The 2012 Guide to the IC Diet** - ICN

**A Taste of the Good Life: A Cookbook for the IC Diet** - Bev Laumann

**Confident Choices: Customizing the IC Diet** - Julie Beyer RD

**Confident Choices: A Cookbook for IC & OAB** - Julie Beyer RD

**The Happy Bladder Cookbook** - Mia Eliot

**The Happy Bladder Christmas Cookbook** - Mia Eliot

### Coaching Services

Do you have a questions about IC and diet? The ICN offers personal coaching services with both Julie Beyer RD and Jill Osborne. \$45 per 30 minute session. Sign up at: <http://www.icnsales.com/icn-personal-coaching/> or by calling (707)538-9442.

### Acid Reducers: Prielief

### Low Acid Coffees:

**Simpatico** - Dark Roast Regular, Espresso (Decaf & Regular)

**Puroast** - Guatemalan, Columbia, House Blend, French Roast, Vanilla, Hazelnut

**Euromild** - Regular, Decaf

**Tyler's Acid Free** - Decaf

**Toddy Cold Brew Coffee Maker**

### Herbal Coffees: Pero, Cafix, Kaffree Roma

### Herbal Teas:

**Yogi** - Chamomile, Peppermint & Licorice Mint

**Celestial Seasonings** - Tummy Mint, Roastaroma

**Davidson's** - Caramel Peach, Carob Mint, Coconut Vanilla, Cherries

**Jubilee**, French Vanilla, Raspberry Cream Caramel, Vanilla Cream Spice

### Flavored Waters & Syrups

**Hint Essence Water** - Blackberry, Pear, Watermelon

**Metromint** - Peppermint

**Flavorganics** - Caramel, Vanilla, Raspberry

### Nut Butters:

**Zinke Orchards** - Crunchy Almond Butter

**Blue Diamond** - Homestyle Almond Butter with Honey

### Fruit Products:

**Knudsen's** - Organic Pear Juice

**Colorado Mtn Low Acid Jams** - Pear, Apple Pie, Blueberry, Peach

**Gorge Delights Just Fruit Bars** - Pear, Pear-Blueberry

### Baking Mixes:

**Dr. Oetker's Muffins** - Carrot, Oatmeal, Apple Cinnamon, Cornmeal

**Dr. Oetker's Cake Mixes** - Vanilla Cake, Vanilla Icing

**Dr. Oetker's Cookies** - Oatmeal

**Bob's Red Mill Muffins** - Apple Bran

**Bob's Red Mill Pancakes** - Cornmeal, 7 Grain, Buttermilk

**Infused Olive Oils: Annie's Natural** - Basic, Garlic

**Benissimo** - Mediterranean Garlic

### Candy:

**Nune's Farms** - Almond Caramel Chews

**Honey Essence** - Carob English Toffee, Pecan Honeymoons

**Godiva** - White Chocolate Pearls

**Green & Blacks** - Organic White Chocolate Bars

**Dollie's** - Almond Bars, Babettes, Krunch Bars, Peppermint, Turtles

**Sunspire** - Unsweetened carob chips, white chocolate chips

**Bob's Red Mill** - Carob Powder

**Fiber: Heathers Tummy** - Acacia Fiber

**Protein Powder: Deb-EI** - Just Whites Dried Egg Whites

**Educational Website:** [www.ic-network.com](http://www.ic-network.com) - 707.538.9442

**Mail Order Website:** [www.icnsales.com](http://www.icnsales.com) - 707.433.0413



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