

# IC/BPS Diet Fact Sheet [ic-network.com](http://ic-network.com)

Several research studies have proven that certain foods trigger bladder discomfort in more than 90% of IC patients, including: foods high in acid, caffeine, alcohol, histamine, artificial sugar and MSG. In our experience, patients who continue to consume these foods, especially one cup of coffee (decaf or regular) per day, suffer with long-term chronic pain and discomfort.

**COFFEES** - Coffee (regular & decaf) is, by far, the most irritating to an IC bladder for both the caffeine and high acid level. We strongly suggest that you avoid all coffees if your symptoms are active. As an alternative, try an herbal coffee (Pero, Kaffree Roma), a low acid coffee (Bella Rosa, Simpatico, Tyler's) or steamed milk with some flavoring.

**REGULAR & GREEN TEAS** - Like coffee, traditional black and white teas also offer a double edge sword of caffeine and acid. Green tea is particularly irritating due to its surprisingly high acid content. The worst tea of all? Powdered, sugar-free instant iced and sweet teas. Herbal chamomile or peppermint tea, on the other hand, can be very soothing during IC and IBS flares.

**SODA & DIET SODA** - Sodas are irritating not only for the citric acid used, but also for the artificial preservatives, flavorings and sweeteners. The only soda that patients might tolerate is a weak Italian soda made from low sodium mineral water with an IC friendly flavoring (i.e. raspberry, blackberry, blueberry, coconut).

**FRUIT JUICES** - Fruit juices (i.e. cranberry, orange, lemon and tomato juices) can be very acidic and irritating to the bladder, especially if citric acid is added. Try an organic pear or apple juice, diluted 2 to 1 with water.

**MULTIVITAMINS** - In 2011, a University of Florida research study found that the majority of IC patients find most multivitamins to be irritating. Vitamin C (Ascorbic Acid) and Vitamin B6 appear to be the culprits. The low acid MultiRight Multivitamin Formula may be worth trying. You can also try individual vitamins to see if you can tolerate them well.

**ARTIFICIAL SUGARS** - Research studies and patient stories have confirmed that most artificial sweeteners (aspartame, saccharin, sucralose, sugar alcohols, etc.) appear to be bladder irritating, particularly aspartame (i.e. NutraSweet®). Splenda® may be more bladder friendly. Natural sugar or honey products are better tolerated and more bladder friendly.

**CHOCOLATE** - Chocolate contains several ingredients that have the potential to exacerbate IC symptoms: theobromine, caffeine, phenylethylamine, tannins and oxalates. Well-known for triggering migraine headaches, IC patients often report flares from eating chocolate, particularly cheaper milk chocolate products. White chocolate, as well as some very expensive dark chocolates, have been more tolerable. Carob is an excellent, more bladder friendly substitute.



**The "ICN Food List" Application is available for iPhone users! Find it in the Apple App Store!  
Learn more about the IC Diet & Bladder Friendly Foods on our website.**