

Interstitial Cystitis

Foods to Avoid:

- alcohol
- aspartame
- beans (no fava, black or lima, chickpeas)
- bouillion
- coffee/tea – non caffinated
herbal teas are fine
- canned foods
- carbonated drinks
- chocolate
- cheese (cottage, ricotta, & cream are fine)
- citrus
- nitrate meats
- mayonnaise, sour cream
- spicy foods (specifically; chili flakes, cayenne, cloves, hot curry, paprika)
- lentils
- mustard
- MSG
- nuts (except almonds, pine nuts)
- pickled foods
- rye bread
- sugar/saccharine, nutrasweet
- sulfites, BHA, BHT (preservatives)
- soy in any form
- tamari
- vinegar
- worcestershire sauce
- yeast
- yogurt

Vegetables to avoid: onions, tomatoes

Fruits to avoid: apples, avocados, bananas, cantaloupe, cranberries, figs, grapefruit, grapes, guava, lemon, limes, peaches, pineapple, plums, prunes, raisins, strawberries