



Caffeine is a common bladder irritant but there are other substances that can cause bladder irritation. Not all patients are bothered by certain foods or drinks. The only way to know if diet is a factor is to eliminate possible irritants and see if symptoms improve. Eliminate one item at a time for a couple of days and see how you feel. Eliminate whatever appears to be troublesome to you, and reintroduce to your diet whatever has no negative effects. Start by eliminating the top offenders first: coffee, teas, cola drinks, alcohol, and cigarettes.

Below you will find a list of the most common bladder irritants.

alcohol

carbonated beverages (with and without caffeine)

coffee or tea (with and without caffeine)

chocolate

acidic fruits or juices (orange, grapefruit, lemon, lime, mango, pineapple)

tomatoes (tomato juice, tomato sauce, pizza, chili)

artificial sweeteners (Aspartame, saccharine)

cultured dairy products (yogurt, aged cheeses, sour cream, cottage cheese)

spicy foods (Mexican, Thai, Indian, Cajun, etc.)

grains (rye, sourdough)

other foods (vinegar, nuts, raisins, bananas, mayonnaise, onions)

cigarettes, nicotine products