

MNWC FACT SHEET

Recommended diet for Interstitial Cystitis (IC)

Quick Synopsis: Foods to avoid for (IC)

✓ Citrus fruits

✓ Tomatoes and tomato based sauces

✓ Coffee, tea, carbonated and alcoholic beverages

✓ Spicy foods

Fruits

Allowed: Bananas, coconuts, dates, blueberries, melons and pears

Avoid: All other fruits and juices (especially acidic and citrus fruits)

Special note – Avoid cranberry juice. The acid is a strong bladder irritant.

Vegetables

Allowed: Most vegetables except those listed below

Avoid: Tomatoes and tomato sauces (ketchup, pasta etc.), onions, soybeans, fava beans, tofu

Beverages

Allowed: Decaffeinated tea or coffee, flat soda

Avoid: Coffee, tea, carbonated drinks, alcohol, fruit juices (especially citrus and cranberry)

Dairy

Allowed: Milk, American cheese, cottage cheese, white chocolate

Avoid: Yogurt, sour cream, soy milk, aged cheese, chocolate

Carbohydrates

Allowed: Pasta (avoid tomato based sauce), rice potatoes

Avoid: Rye and sourdough bread

Meat

Allowed: Chicken, fish

Avoid: Processed, aged, canned, cured or smoked meat

Nuts/oils

Allowed: Most oils, almonds cashews and pine nuts

Avoid: Other nuts

Seasonings/condiments

Allowed: Garlic

Avoid: Mayonnaise, miso, soy sauce, vinegar, spicy foods (especially Chinese, Mexican, Indian and Thai)

Preservatives

Avoid: Benzyl alcohol, citric acid, MSG, NutraSweet, saccharin. Any food with preservatives and artificial ingredients or colors.

Tips for dining out:

- Ask for “no tomatoes or onions”
- Have a plain baked potato rather than loaded with condiments
- Ask for salad dressings and other possible trigger items on the side
- Look for plain non marinated steak or chicken (spices will throw you off)

Last tip: Prelief

If you just have to have something you know will cause a problem use “Prelief”. Prelief is an over the counter neutralizer that if taken 30 minutes before eating can help to decrease the occurrence of pain.

We hope this info helps. Diet alone will not solve the problem and there is no known cure for Interstitial Cystitis. Diet along with the other therapies and interventions can offer significant relief to those suffering from the pain and bladder symptoms associated with Interstitial Cystitis.