

## BLADDER AND DIET: BLADDER IRRITANTS

Diet alone will not “cure” incontinence, but eliminating some foods and liquids may help. It is very important not to decrease liquid, especially water, if you leak. Concentrated, dark urine is itself a bladder irritant and may actually cause leaking. Do not restrict fluid just to control your bladder.

The list below has foods and beverages that MAY irritate the bladder. Decreasing or eliminating some or all may help decrease incontinence.

### **Foods with acidic properties:**

- Alcoholic beverages
- Tomato based products
- Vinegar
- Coffee (regular and decaf)
- Tea (regular and decaf)
- Curry
- Citrus fruits and juices
- Spicy foods
- Caffeinated beverages
- Cola
- Milk
- Food colorings and flavorings
- Artificial sweeteners
- Chocolate

### **Aggravating activities**

- Cigarette smoking
- Prolonged coughing or sneezing
- Running, jogging
- Lunges, squats
- Lifting heavy objects
- Any activity that creates a downward pressure in the belly and pelvis

### **Substitutions for some bladder irritants**

Although water is always the best beverage choice, grape and apple juice are thirst quenchers and are not as irritating to the bladder.

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| Low acid fruits:      | Pears, apricots, papaya, watermelon                  |
| For coffee drinkers:  | KAVA®, Postum®, Pero®, Kafree Roma®                  |
| For tea drinkers:     | Non-citrus herbal, sun-brewed tea                    |
| Vitamin C substitute: | Calcium carbonate co-buffered with calcium ascorbate |