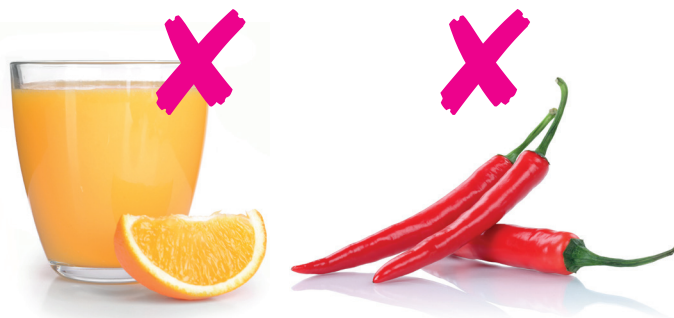


Although there are foods to be avoided it is still important to remember to maintain a balanced diet from a good range of foods containing protein, fibre, fruit, carbohydrates and vegetables. If you are finding this difficult, we suggest seeking advice from a qualified dietician.

This leaflet is only designed as a basic guide. If you would like more detailed information on dietary intervention join Bladder Health UK as a member to receive our Bladder Friendly Diet Booklet as part of your New Members Pack. You can join the charity via our website at www.bladderhealthuk.org



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Bladder Health UK does not engage in the practice of medicine. It is not a medical authority nor does it claim to have medical knowledge. In all cases Bladder Health UK recommends that you consult your own doctor or urologist regarding any course of treatment or medication. Any products mentioned in this publication are not necessarily recommended or endorsed by Bladder Health UK.



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The Bladder - Friendly Diet Guide



**Bladder
Health UK**

The Bladder - Friendly Diet Guide



We are a national registered charity dedicated to providing information and support to all sufferers of chronic bladder illness. Visit our website at www.bladderhealthuk.org.

This leaflet has been provided for you by Bladder Health UK provide you with some basic information on diet and how it can influence the unpleasant bladder symptoms you are experiencing at the moment.

Being diagnosed with chronic bladder illness can leave sufferers feeling very overwhelmed and helpless but there are things you can do to improve your symptoms yourself. Careful management of your diet can be the first step to taking back control and achieving a better quality of life.

Getting Started

The recommended diet is a healthy one based on natural ingredients and eliminating hidden chemicals. Processed and fast foods, foods that contain artificial preservatives, colouring and flavouring can all irritate the bladder. Many 'diet' foods contain artificial sweeteners which should be eliminated as should fizzy drinks, alcohol and caffeine. Switching to natural alternatives will see immediate benefits to the health of your bladder.

The information in the following sections will give you some ideas on foods and drinks which are well tolerated and those which should be avoided.

1. Beverages

Tea, coffee and any drinks containing caffeine should be avoided as caffeine is a bladder stimulant. Even decaffeinated drinks will contain caffeine and are best avoided.

Fizzy drinks and fruit juices are highly acidic and will irritate the bladder. Alcohol is also a bladder irritant. Instead try Barleycup as a coffee substitute. Redbush, mint or chamomile teas are also well tolerated. Stick to weak squash or water when you want a cold drink.

2. Dairy

Milk, eggs, butter, mild cheese (mozzarella, mild cheddar, feta and ricotta) and vanilla ice-cream are generally well tolerated. Avoid blue cheese and chocolate, strawberry, raspberry or coffee ice-cream.

3. Fish

Most fresh fish is well-tolerated but you should avoid smoked, preserved or heavily-spiced fish. Canned fish including salmon and tuna in spring water is usually well-tolerated.

4. Fruit

Many fruits can be irritating to the bladder due to their high level of acidity. Pears, blueberries, sweet apples and non-Cantaloupe melons are generally well-tolerated.

5. Herbs & Spices

Most herbs and spices are well-tolerated but we suggest avoiding chilli powder and paprika. Avoid Monosodium glutamate as this is a bladder irritant and also yeast extract.

6. Meat

Fresh or frozen chicken, turkey, beef, pork and lamb are generally well tolerated. Aged, canned, cured or preserved meat products are best avoided.

7. Sweets & Treats

Sweets containing citric acid should be avoided and dark and milk chocolate as it contains caffeine. If you would like a sweet treat, white chocolate is bladder friendly. Avoid artificial sweeteners.

8. Vegetables

Most fresh and frozen vegetables are well tolerated with the exception of tomatoes, onions and chilli peppers.

9. Vitamins

Vitamins A, B1, B, B12, D, E and K are well-tolerated. Vitamin C and B6 can irritate the bladder. Low-acid Ester C is a good alternative.

