



Pediatric Urology

List of common bladder irritants:

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**Most people are not sensitive to ALL of these products; your goal is to find the foods that make YOUR symptoms worse.**

Apples and apple juice

Cantaloupe

Carbonated beverages

Chili and spicy foods

Chocolate

Citrus fruit

Coffee (including decaffeinated)

Cranberries and cranberry juice

Grapes

Guava

Milk products: milk, cheese, cottage cheese, yogurt, ice cream

Peaches

Pineapple

Plums

Strawberries

Sugar (especially artificial sweeteners, saccharin, aspartame, corn sweeteners, honey, fructose, sucrose, lactose)

Tea

Tomatoes and tomato juice

Vitamin B complex

Vinegar