

Living with Interstitial Cystitis

Dietary Guidelines for Interstitial Cystitis*		
Food Category	Permitted Foods	Foods to Avoid or Use Cautiously
Fruits	Blueberries, Melons other than Cantaloupes, and Pears	All other fruits and juices made from them
Vegetables	Potatoes, Homegrown Tomatoes, and vegetables other than those listed on the right	Fava Beans, Lima Beans, Onions, Rhubarb, To-fu, and Store-bought Tomatoes
Milk/Dairy	White Chocolate, Cottage Cheese, American Cheese, Milk	Aged Cheeses, Sour Cream, Eggs, Yogurt, Chocolate
Carbohydrates/Grains	Pasta, Rice and Breads other than those listed on the right	Rye and Sourdough breads
Meats/Fish	Poultry, Fish, and Meats other than those listed on the right	Aged, Canned, Cured, Processed and Smoked Meats and Fish; Anchovies; Caviar; Chicken Livers; Corned Beef; and meats that contain nitrates or nitrites
Nuts	Almonds, Cashews and Pine Nuts	Most Other Nuts
Beverages	Bottled or Spring Water; Decaffeinated, Acid-free Coffee and Tea; and some Herbal Teas	Alcoholic Beverages; Beer and Wine; Carbonated Drinks; Coffee, Tea, and Cranberry Juice
Seasonings	Garlic and Seasonings other than those listed on the right	Mayonnaise, Miso, Spicy Foods (especially Chinese, Mexican, Indian and Thai foods)
Preservatives	Benzyl Alcohol, Citric Acid, Monosodium Glutamate, Aspartame, Saccharin, and foods containing preservatives, artificial ingredients/colors	
<p>*Adapted with permission from the American Foundation for Urologic Disease, Inc. <i>On Course for Better Health</i></p>		