

# BLADDER IRRITANTS

Fruits	All citrus fruits
Vegetables	Tomatoes, onions, tofu, soybeans, lima beans and fava beans
Milk/Dairy	Yogurt, sour cream, aged cheeses and chocolate
Carbohydrates/Grains	Rye and sourdough breads
Meats/Fish	Aged, canned, cured, processed or smoked meats/fish; anchovies; caviar; chicken livers; corned beef; and meats that contain nitrates or nitrites
Beverages	Alcoholic beverages, carbonated drinks, soda, coffee, tea, and fruit juices; especially citrus and cranberry, all beverages containing caffeine
Seasonings and Preservatives	Mayonnaise, miso, soy sauce, salad dressing, vinegar and spicy foods Benzol alcohol, citric acid, monosodium glutamate (MSG), all artificial sweeteners, saccharin and foods containing preservatives, artificial ingredients/colors