

# FOOD TO AVOID IF YOU HAVE OVERACTIVE BLADDER

**Beverages:** beer and wine carbonated water, chocolate milk, citrus juices, cranberry juice, herb tea blends, green teas, most fruit juices, tomato juice, coffee, sodas, soy milk, tea

**Grain Products:** bread / cereal with preservatives, soy flour

**Fats and nuts:** hazelnuts, macadamia nuts, peanuts, pecans, pistachio nuts, English and black walnuts, mayonnaise, most salad dressings

**Soups:** bouillon cubes, bouillon powder, most packaged and canned soups

**Meat, fish, and poultry:** bologna, ham, hot dogs, most sausages, pepperoni, salami, and smoked fish

**Cheeses and other dairy:** aged cheeses, blue cheese, brie, brick parmesan, camembert, cheddar, edam, Emmentaler, gruyere, hard jack, Roquefort, soy milk, soy cheese, sour cream, stilton, swiss and yogurt

**Vegetables and dried beans:** chili peppers, black beans, fava beans, lima beans, pickles, raw bulb onions, sauerkraut, soy beans (edamame), tomato, tomato sauces

**Fruits:** apricots, all citrus fruit, cantaloupe, cherries, dried fruit with preservatives, peaches, most plums, most dried figs, golden raisins, grapes, guava, kiwi fruit, most berries, passion fruit, papaya, persimmon, pineapple, and starfruit

**Desserts and sweets:** Acesulfame potassium (Ace-K), aspartame, ketchup, chocolate, coffee ice cream, desserts with problem nuts, pastries with problem fruits, mustard, pecan pie, sorbets, store-bought fruitcakes, mincemeat pie, NutraSweet, and saccharine

**Seasonings and additives:** ascorbic acid, autolyzed yeast, BHA and BHT, benzoates, caffeine, cayenne, cloves, chili powder, citric acid, hot curry powder, hydrolyzed protein, meat tenderizers, miso, oleoresin paprika, red pepper, soy sauce, tamari, vinegar, Worcestershire sauce, MSG, metabisulfites, sulfites

**The five worst foods are:** coffees and teas, cranberry and other fruit juices, carbonated beverages, tomato products, and multivitamins.

Of course, caffeine, nicotine, and alcohol are extremely irritating to the urinary system as well, and, although they are not actually foods, they should be avoided.

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