

# Interstitial Cystitis Diet

## LEAST BOTHERSOME FOODS

### FRUITS

- Apricots
- Bananas
- Blueberries
- Dates
- Melon (honeydew and watermelon)
- Prunes
- Pears
- Raisins

### VEGETABLES

- Avocados
- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Mushrooms
- Peas
- Potatoes
- Radishes
- Spinach
- Squash
- Turnips
- Zucchini

### GRAINS

- Oats
- Rice

## MOST BOTHERSOME FOODS

- Cranberry juice
- Grapefruit and grapefruit juice
- Lemons
- Oranges and orange juice
- Pineapple and pineapple juice
- Strawberries

- Chili peppers
- Pickles
- Sauerkraut
- Tomatoes

## LEAST BOTHERSOME FOODS

### PROTEIN FOODS

- Beef
- Fish (shrimp, tuna fish and salmon)
- Eggs
- Nuts
- Peanut butter
- Pork
- Poultry (chicken and turkey)
- Lamb

### DAIRY

- Milk (low-fat and whole)
- Cheeses (mild)

### CONDIMENTS

- Herbs
- Garlic or any herb infused olive oil

### BEVERAGES

- Water

### OTHER FOODS

- Popcorn
- Pretzels

## MOST BOTHERSOME FOODS

- Processed sandwich meats (salami, bologna)
- Soy

- Yogurt

- Chili
- Horseradish
- Ketchup
- Salad Dressings
- Soy sauce
- Vinegar
- Worcester Sauce

- Alcohol
- Coffee (caffeinated and decaffeinated)
- Tea (caffeinated and decaffeinated)
- Carbonated drinks (cola, non-cola, diet, and caffeine-free)

- Chocolate
- Indian food
- Mexican food
- Pizza
- Spicy foods
- Thai food