

## **COMMON BLADDER IRRITANTS**

<b>Apples</b>	<b>Mayonnaise</b>	<b>Bananas</b>
<b>Apple Juice</b>	<b>Cigarettes</b>	<b>Highly spiced foods</b>
<b>Cantaloupes</b>	<b>Peaches</b>	<b>Soy Sauce</b>
<b>Carbonation</b>	<b>Pineapple</b>	<b>Alcohol</b>
<b>Chilies/Spicy Foods</b>	<b>Plums</b>	<b>Processed meats and fish</b>
<b>Chocolate</b>	<b>Strawberries</b>	<b>Tofu</b>
<b>Citrus Fruits</b>	<b>Tea</b>	<b>Yogurt</b>
<b>Coffee (including Decaffeinated)</b>	<b>Tomatoes</b>	<b>Milk/milk products</b>
<b>Cranberries</b>	<b>Vinegar</b>	<b>Caffeine (even in medicines)</b>
<b>Grapes</b>	<b>Vitamin B Complex</b>	<b>Artificial sweeteners</b>
<b>Guava</b>	<b>Corn syrup</b>	<b>Honey sugar</b>
<b>Aged cheese</b>	<b>MSG</b>	

### **Substitutions**

- **LOW ACID FRUITS** – Pears, Apricots, Papaya, and Watermelon
- **FOR COFFEE DRINKERS** – Kava (Low acid instant), Cold brew from Starbucks
- **FOR TEA DRINKERS** – Non-citrus herbal sun brewed tea
- **VITAMIN C SUBSTITUTE** – Calcium carbonate co-buffered with calcium ascorbate