

# The IC-Smart Diet

Many people with interstitial cystitis (IC) find that simple changes in their diet can help to control IC symptoms and avoid IC flare-ups. Typically, avoiding foods high in acid and potassium—as well as beverages containing caffeine and alcohol—is a good idea. This helpful guide can help you make “IC-Smart” meal choices. Keep it handy for easy reference when dining out or when preparing meals at home.



## Fruits

### Allowable:

Bananas, coconuts, dates, blueberries, melons (except cantaloupe), and pears



### Avoid:

All other fruits and juices



## Vegetables

### Allowable:

Homegrown tomatoes and many vegetables (except those listed below)

**Avoid:** Store-bought tomatoes, onions, tofu, soybeans, lima beans, and fava beans



## Milk/Dairy

**Allowable:** Milk, American cheese, cottage cheese, frozen yogurt, and white chocolate

**Avoid:** Yogurt, sour cream, soy milk/cheese, aged cheeses, and chocolate



## Carbohydrates/Grains

**Allowable:** Pasta, rice, potatoes, and some breads (except those listed below)

### Avoid:

Rye and sourdough breads



## Meats/Fish

**Allowable:** Poultry, fish, and some meats (except those listed below)

**Avoid:** Aged, canned, cured, processed or smoked meats/fish; anchovies; caviar; chicken livers; corned beef; and meats that contain nitrates or nitrites



## Nuts/Oils

### Allowable:

Most oils, almonds, cashews, and pine nuts



### Avoid:

Most other nuts



## Beverages

### Allowable:

Bottled or spring water; decaffeinated, acid-free coffee or tea; some herbal teas; flat soda

**Avoid:** Alcoholic beverages, including beer and wine; carbonated drinks, such as soda; coffee and tea; and fruit juices, especially citrus and cranberry



## Seasonings

### Allowable:

Garlic and some other seasonings (except those listed below)

**Avoid:** Mayonnaise, miso, soy sauce, salad dressing, vinegar, and spicy foods (especially Chinese, Mexican, Indian, and Thai foods)



## Preservatives

### Avoid:

Benzyl alcohol; citric acid; monosodium glutamate (MSG); aspartame (NutraSweet\*); saccharin; and foods containing preservatives, artificial ingredients/colors

\*NutraSweet is a registered trademark of NutraSweet Property Holdings, Inc.