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 potassiumas 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.



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)

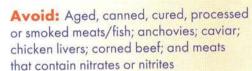
Avoid:

Rve and sourdough breads



Meats/Fish

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





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

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.

