



## DIETARY GUIDELINES FOR INTERSTITIAL CYSTITIS

Food Category	Permitted Foods	Foods to Avoid or Use Cautiously
<b>Fruits</b>	Blueberries, Pears, Melons, (other than cantaloupe)	All other fruits and juices made from them
<b>Vegetables</b>	Potatoes, homegrown tomatoes and vegetables  (other than those listed on right)	Fava beans, lima beans, onions, rhubarb, tofu and store bought tomatoes
<b>Milk / Dairy</b>	Milk chocolate, cottage cheese American cheese, milk	Added cheeses, sour cream, eggs, yogurt, chocolate
<b>Carbohydrates</b>	Pasta, rice and breads  (other than those listed on right)	Rye and sourdough breads/ Grains
<b>Meats / Fish</b>	Poultry, fish and meats  (other than those listed on right)	Aged, canned, cured, processed and smoked meats and fish, anchovies, caviar, chicken livers, corned beef, and meats that contain nitrates and nitrites
<b>Nuts</b>	Almonds, cashews, pine nuts	Most other nuts
<b>Beverages</b>	Bottled or spring water, decaffeinated acid free coffee and tea, some herb	Alcoholic beverages, beer, wine; carbonated drinks, coffee, tea, and cranberry juice
<b>Seasonings</b>	Garlic and seasonings (other than below)	Mayonnaise, miso, spicy foods (especially Chinese, Mexican, Indian and Thai foods)
<b>Preservatives</b>	Avoid Or Use Cautiously	Benzol alcohol, citric acid, monosodium glutamate, aspartame, saccharin, and foods containing preservatives artificial ingredients / colors

For more information please go to: [www.ic-network.com](http://www.ic-network.com), [www.ichelp.com](http://www.ichelp.com), [www.pelvicpain.org](http://www.pelvicpain.org),  
[www.urotoday.com](http://www.urotoday.com), [www.painful-bladder.org](http://www.painful-bladder.org)

\*Adapted with permission from the American Foundation for Urologic Disease, Inc,  
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