



## **URINARY URGENCY SYMPTOMS AND YOUR DIET**

Many patients find that modifying their diets helps to control urgency symptoms. Diet has been found to be an individual matter which will take a good deal of work on your part. Many patients feel that the effort of identifying and restricting problem foods to be well worth the effort.

If you are interested in exploring the role diet may play in your symptoms, it is best to begin with a very basic diet consisting only of foods that have been proven tolerable. Eating several small meals instead of three large ones and keeping a food diary may be helpful. Once your symptoms are under control you may add foods one at a time until you have identified the diet that is best for you.

Using a scale where zero represents no symptoms at all and 10 being the worst urgency symptoms imaginable, start adding new foods when your symptoms rate 1-2 on the scale. Add foods one at a time so that you know which exact food causes symptoms. If after eating a certain food you have no symptoms you can continue consuming this food without problems. If you do have a flare up of symptoms, eliminate this food from your diet.

### **DIET SUGGESTIONS:**

#### **Milk and Dairy products**

Avoid: aged cheeses, sour cream, yogurt and chocolate

Okay to Try: white chocolate, non-aged cheeses such as cottage or American, frozen yogurt and milk

#### **Vegetables**

Avoid: fava beans, lima beans, onions, tofu and tomatoes.

Okay to Try: other vegetables and home grown or no acid tomatoes.

#### **Fruits**

Avoid: apples, apricots, avocados, bananas, cantaloupes, citrus fruits, cranberries, grapes, nectarines, peaches, pineapples, plums, pomegranates, rhubarb, strawberries and juices made from these fruits.

Okay to Try: melons (other than cantaloupes) and pears

#### **Carbohydrates and Grains**

Avoid: rye and sourdough bread

Okay to try: other breads, pasta, potatoes and rice. If yeast breads bother your bladder, try quick breads such as biscuits or cornbread.

#### **Meats and Fish**

Avoid: aged, canned, cured, processed or smoked meats and fish, anchovies, caviar, chicken livers, corned beef, and meats which contain nitrates or nitrites.

Okay to try: other poultry, fish and meat.

#### **Nuts**

Avoid: most nuts

Okay to try: almonds, cashews, and pine nuts