

The IC-Smart Diet*

Many people with interstitial cystitis (IC) find that changes in their diet can help to control IC symptoms and avoid IC flare-ups. Typically, avoiding foods known to be common bladder irritants, such as coffee or citrus products, 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

IC Friendly: Bananas; blueberries; honeydew melons, watermelons; raisins; Gala, Fuji, and Pink Lady apples; pumpkins; and pears



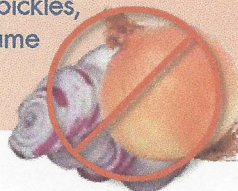
Avoid: Grapefruit, lemons, oranges, pineapples, kiwis, sour or tart apples (Granny Smith) and nectarines, tart or bitter grapes, cranberries, sour strawberries in large quantities, and sour cherries



Vegetables

IC Friendly: Potatoes, sweet potatoes/yams, most beans, bell peppers, broccoli, carrots, asparagus, cauliflower, celery, lettuce, mushrooms, peas, radishes, squash, and zucchini

Avoid: Raw onions, hot chili peppers, pickles, sauerkraut, tomato products, and edamame and roasted soybeans



Milk/Dairy

IC Friendly: Milk; and American, cottage, mozzarella, mild cheddar, feta, ricotta, and string cheeses



Avoid: Yogurt (lemon, lime, orange, chocolate, mocha, or artificial sugars), processed and heavily spiced cheeses, and chocolate ice cream

Carbohydrates/Grains

IC Friendly: Wheat, rice, and corn pastas; quinoa, oats, buckwheat, matzo, polenta, grits, couscous, millet, spelt, and breads (except those listed below)

Avoid: Heavily processed or fortified breads and pastas; heavily preserved, sweetened, flavored and chocolate cereals; and soy flour



Meats/Fish

IC Friendly: Chicken, turkey, beef, pork, lamb, shrimp, tuna, salmon, and deli meats (gluten and color free)



Avoid: Aged, canned, cured, processed, prepackaged, or smoked meats/fish; and deli meats (heavily spiced, salted, or flavored; ie, salami)



Nuts/Oils

IC Friendly: Almonds, cashews, peanuts, and most oils



Avoid: Filberts, hazelnuts, pecans, and pistachios



Beverages

IC Friendly: Water; whole, low-fat, nonfat, lactaid, rice, goat, and almond milk; blueberry and pear juice; vanilla, coconut, and caramel milk shakes; and chamomile, peppermint, and herbal teas



Avoid: Alcoholic beverages, including beer and wine; carbonated drinks, such as soda; coffee and tea; citrus (grapefruit, orange), tomato, acai, and cranberry juices; and chocolate, coffee, and mocha milk shakes



Seasonings

IC Friendly: Garlic and other seasonings (except those listed below)

Avoid: Ketchup, spicy mustard, miso, soy sauce, vinegar, cayenne, hot curry powder, horseradish, and spicy foods (especially Mexican, Indian, and Thai foods)



Food Additives

Avoid: Ascorbic acid; monosodium glutamate (MSG); aspartame (NutraSweet®); saccharin; and foods containing preservatives, artificial ingredients/colors

Dining Out: The IC-Smart Way

Plan ahead

Before making plans to eat at a restaurant, it's a good idea to check online or call ahead to ask about the menu. This will enable you to enjoy your meal and feel good afterward, too!

When ordering your meal

- Ask questions
 - Ask your waiter what spices are used in particular dishes
 - If you are unsure of an ingredient, ask what it is
- Modify your selection
 - It's your meal—don't be afraid to specify how you would like it prepared
 - When ordering a salad, tell the waiter **no** onions
 - Substitute a plain baked potato for a spicy rice combination
 - Ask for salad dressings and other possible "trigger" items to be served "on the side"
- Be careful with spicy foods
 - Pay attention to the type of cuisine you eat. Different cuisines may contain spices that you may be unfamiliar with
- Know your "IC-Smart" menu choices
 - Most restaurants offer plain (not marinated) steak and chicken
 - Some chain restaurant foods may contain preservatives