

Bladder Diet	USUALLY OK	MAY BE OK	USUALLY PROBLEMATIC
Beverages	<u>chamomile herb tea</u> Evian® water <u>pear juice</u> <u>pure Blueberry Juice</u> milk <u>peppermint herb tea</u>	alfalfa tea bottled water <u>herbal coffees</u> <u>lowacid decaf coffee</u> low acid baby juices gin rice milk root beer w/ ice rum tap water vodka	beer carbonatedH2O chocolate milk citrus juices cranberry juice herb tea blends green teas most fruit juices regular coffee sodas soy milk tea wines
Grain Products	buckwheat corn bread couscous matzo millet oat bread oatmeal pasta pitas potato bread quinoa <u>rice</u> spelt white bread	amaranth grits rye bread sourdoughbread some graham crackers w/o problem ingredients whole wheat bread	bread or cereal w/ preservatives soy fluro
Fats and Nuts	butter canola oil coconut w/o preservatives coconut oil corn oil margarine <u>olive oil</u> peanut oil safflower oil sesame oil shortening soy oil	almonds <u>almond butter</u> cashews tahini sunflower seeds	filberts hazelnuts macadamia nuts mayonnaise most salad dressings peanuts pecans pistachio nuts English and black walnuts
Soups	homemade soups from ok meats and	<u>Health Valley® chicken broth</u> <u>Some canned soups w/o problem</u>	bouillion cubes bouillion powder most packaged and canned soups

	vegetables	<u>ingredients</u>	
Meat, Fish and Poultry	beef chicken eggs fish lamb liver (beef or chicken) pork shellfish shrimp turkey veal	anchovies bacon Canadian bacon caviar corned beef liverwurst prosciutto some sausages w/o problem ingredients	bologna ham hot dogs most sausage pepperoni salami smoked fish
Cheeses and Other Dairy	cream cheese cottage cheese feta mozzarella ricotta string cheeses whipped cream vanilla ice cream	buttermilk canned Parmesan Cool Whip® Monterey jack some sherbets some frozen yogurt Rice Dream®	aged cheeses blue cheese brie brick parmesan camembert cheddar edam emmenthaler gruyer hard jack roquefort sorbet soy milk soy cheese sour cream stilton swiss yogurt
Vegetables and Dried Beans	broccoli brussels sprouts cabbage carrots cauliflower chives collard greens corn cucumber kale lentils lettuce mustard greens mushrooms	avocado beets chicory cooked bulb onions cooked leeks dandelion greens eggplant low acid tomatoes purslane raw green onions rhubarb rutabagas swiss chard	chili peppers black beans fava beans lima beans pickles raw bulb onions sauerkraut soy beans (edamame) tomato tomato sauces tomato juice tofu

	<p>most dried beans okra parsley peas potatoes pumpkin radishes snow peas split peas summer squash turnips winter squash yams zucchini</p>	<p>spinach turnip greens watercress</p>	
Fruits	<p>dates w/o preservative s coconut w/o preservative s pears</p>	<p>bananas blueberries brown raisins cherimoya citrus peels crenshaw melon dried currants Gala apples honeydew mango (small amt) maraschino cherries rhubarb watermelon <u>- cinnamon</u> <u>pear jelly</u> <u>- cinnamon</u> <u>pear maple</u> <u>syrup</u> <u>- blueberry</u> <u>preserves</u></p>	<p>apricots all citrus fruit cantaloupe cherries dried fruit w/ preservatives peaches most plums most dried figs golden raisins grapes guava kiwi fruit most berries passion fruit papaya persimmon pineapple starfruit</p>
Desserts and Sweets	<p>brown sugar <u>carob</u> carrot muffins or cake creme brulee custards</p>	<p>banana bread blueberry pastries caramel candies peppermint ice cream plain pastries</p>	<p>acesulfame K aspartame catsup chocolate coffee ice cream desserts w/ problem nuts mustard</p>

	<div data-bbox="695 79 889 1071" data-label="Text"> <p>divinity homemade pound cake homemade white/yellow cakes homemade vanilla frosting homemade caramel frosting honey licorice maple syrup pear pastries sugar sugar cookies tapioca vanilla ice cream vanilla pudding</p> </div>	<div data-bbox="922 79 1166 592" data-label="Text"> <p>w/ almonds plain cheescakes some frozen yogurt some hard candies w/o acids some popsicles Splenda® (sucralose) stevia white chocolate</p> </div>	<div data-bbox="1214 79 1458 436" data-label="Text"> <p>pastries w/ problem fruits pecan pie sorbets store-bought fruitcakes mincemeat pie Nutrasweet® saccharine</p> </div>
<div data-bbox="191 1117 662 1201" data-label="Section-Header"> <p>Seasonings and Additives</p> </div>	<div data-bbox="701 1117 889 1978" data-label="Text"> <p>allspice almond extract anise basil caraway seed coriander dill fennel garlic mace marjoram oregano poppy seed rosemary sage salt thyme tarragon vanilla extract</p> </div>	<div data-bbox="928 1117 1156 1705" data-label="Text"> <p>black pepper celery seed cilantro cinnamon cumin (small amt) dried parsley dried chervil ginger lemon extract malt powder nutmeg onion powder orange extract turmeric</p> </div>	<div data-bbox="1198 1117 1464 1978" data-label="Text"> <p>ascorbic acid autolyzed yeast BHA and BHT benzoates caffeine cayenne cloves chili powder citric acid hot curry powder hydrolyzed protein meat tenderizers miso oleoresin paprika paprika red pepper soy sauce tamari vinegar worcestershire sauce</p> </div>

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