

## **MAJOR DIETARY IRRITANTS TO THE URINARY TRACT**

- All alcoholic beverages
- Cranberry Juice and/or Cranberries
- Lemon juice
- Carbonated drinks, especially colas
- Chilies/Spicy foods, especially HOT ones
- Coffee
- Acidy foods (Coffee and colas, for example)
- Chocolate (sometimes)

## **SUBSTITUTIONS THAT YOU CAN MAKE IN YOUR DAILY DIET.....**

- Coffee that has the acid removed. KAVA and ROMBAUTS are two brands found in grocery stores.
- Herbal teas provided they don't contain large amounts of citrus. Weak tea: Dunk a tea bag in water four times quickly to color the water.
- OVALTINE instead of chocolate drinks.
- Fruit juices: Apricot nectar, pear nectar and papaya juice.
- Late harvest dessert wines (low acid content).
- Fructose, as found in SUPEROSE instead of NutraSweet or Saccharine.
- Carob for chocolate in a recipe.
- Orange or lime peel scrapings for flavor. Do not use white part of rind.
- Vitamins: vitamin C only calcium ascorbate co-buffered with calcium carbonate. Vitamin E: take in powdered form instead of oil capsules. The only B vitamin to use is B6.

*\*The information provided is for educational purposes only, and does not substitute for professional medical advice. Consult a medical professional or healthcare provider if you are seeking medical advice, diagnoses, or treatment.*