

**UNIVERSITY OF WASHINGTON  
DEPARTMENT OF OBSTETRICS AND GYNECOLOGY**

**MAJOR DIETARY IRRITANTS TO THE URINARY TRACT**

- All alcoholic beverages
- Apple juice
- Carbonated drinks, especially colas
- Chiles, especially HOT ones/Spicy foods
- Chocolate
- Coffee
- Cranberry juice and/or Cranberries
- Lemon
- Pineapple
- Tea (caffeinated)
- Tomato and tomato products (for some, cooked seems to be OK)

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

1. Coffee that has the acid removed. Kava and Rombouts are two brands found in grocery stores.
2. Herbal teas, provided they don't contain large amounts of citrus. Weak tea: dunk a tea bag four times quickly to color the water.
3. Ovaltine instead of chocolate drinks.
4. Fruit juices: Apricot or pear nectar and papaya juice.
5. Late harvest dessert wines (low acid content).
6. Fructose, as found in Superose instead of NutraSweet or Saccharine.
7. Carob as a substitute for chocolate in a recipe.
8. Orange or lime peel scrapings for flavor. Do not use the white part of the rind.
9. Prelief—can reduce the acid in foods and may decrease the urgency and bladder pain.