

List of Bladder Irritants

Bladder irritants are substances that can cause discomfort and exacerbate bladder symptoms such as frequency, urgency, bladder spasms, and pain. Certain foods and beverages can irritate the bladder, leading to increased symptoms. Here is a comprehensive list of common bladder irritants and suggested substitutes to help you make informed dietary choices:

Category	Least bothersome irritants	Most bothersome substitutes
Fruits	<ul style="list-style-type: none">• Apricots• Bananas• Blueberries• Dates• Melon (honeydew and watermelon)• Prunes• Pears• Raisins	<ul style="list-style-type: none">• Cranberry juice• Grapefruit and grapefruit juice• Lemons• Oranges and orange juice• Pineapple and pineapple juice• Strawberries
Vegetables	<ul style="list-style-type: none">• Avocados• Asparagus• Beets• Broccoli• Brussels Sprouts• Cabbage• Carrots• Cauliflower• Celery• Cucumber• Eggplant• Mushrooms• Peas• Potatoes (sweet potatoes, yams)• Radishes• Spinach• Squash• Turnips• Zucchini	<ul style="list-style-type: none">• Chili peppers• Pickles• Sauerkraut• Tomatoes and tomato products
Grains	<ul style="list-style-type: none">• Oats• Rice	
Protein foods	<ul style="list-style-type: none">• Beef• Fish (shrimp, tuna fish, and salmon)• Eggs• Nuts• Peanut butter• Pork• Poultry (chicken and turkey)• Lamb	<ul style="list-style-type: none">• Processed sandwich meats (salami, bologna)• Soy

Category	Least bothersome irritants	Most bothersome substitutes
Dairy	<ul style="list-style-type: none"> • Milk (low-fat and whole) • Cheeses (mild) 	<ul style="list-style-type: none"> • Yogurt
Condiments	<ul style="list-style-type: none"> • Herbs • Garlic or any herb-infused olive oil 	<ul style="list-style-type: none"> • Chili • Horseradish • Ketchup • Salad dressings • Soy sauce • Vinegar • Worcester sauce
Beverages	<ul style="list-style-type: none"> • Grain beverages/Coffee substitutes (Cafix,, Pero, Roma, Postum) • Water 	<ul style="list-style-type: none"> • Alcohol • Coffee (caffeinated and decaffeinated) • Tea (caffeinated and decaffeinated) • Carbonated drinks (cola, non-cola, diet, and caffeine-free)
Other foods	<ul style="list-style-type: none"> • Popcorn • Pretzels 	<ul style="list-style-type: none"> • Chocolate • Indian food • Mexican food • Pizza • Spicy foods • Thai food
Additives / artificial sweeteners		<ul style="list-style-type: none"> • Artificial sweeteners (Equal (sweetener), NutraSweet, Saccharin, and Sweet'N Low) • Monosodium glutamate (MSG)

Reference

Moldwin, R. M. (2017). Urological and gynaecological chronic pelvic pain. In *Springer eBooks*. Springer Nature. <https://doi.org/10.1007/978-3-319-48464-8>