

UTI Diet Chart

Name: _____ Gender: _____

Age: _____ Healthcare professional: _____

Dietary recommendations

Fluid intake

When symptoms are present:

- 8-10 glasses daily
- Unsweetened cranberry juice (1 glass daily or every second day)

When symptoms have subsided:

- Maintaining hydration even after symptoms have subsided is crucial to prevent recurrent UTIs

Foods to include

When symptoms are present:

- High-fiber foods: whole grains, legumes, non-acidic fruits, vegetable
- Probiotic-rich foods: yogurt (low sugar), kefir, kombucha, fermented foods
- Garlic
- Blueberries and cranberries
- Parsley

When symptoms have subsided:

- Vitamic C-rich foods: oranges, grapefruits, strawberries, bell peppers
- Prioritize wholegrain foods
- High-fiber diets aid overall digestive health, which impacts urinary health

Foods to avoid

When symptoms are present:

- Spicy foods
- Artificial sweeteners
- High sugar-content foods
- Acidic foods: lemons, limes, tomatoes, oranges, and other citrus fruits
- Caffeinated beverages: coffee, tea and soda
- Alcohol
- Dairy products may be irritants for some people (especially if sensitive to lactose)

When symptoms have subsided:

- Minimize refined sugar in everyday diet

Specific recommendations

Signature: 

Date: