

UTI Diet Chart

Name: _____ Gender: _____

Age: _____ Healthcare professional: _____

Dietary recommendations	
Fluid intake	When symptoms are present: <ul style="list-style-type: none">• 8-10 glasses daily• Unsweetened cranberry juice (1 glass daily or every second day)
	When symptoms have subsided: <ul style="list-style-type: none">• Maintaining hydration even after symptoms have subsided is crucial to prevent recurrent UTIs
Foods to include	When symptoms are present: <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• Minimize refined sugar in everyday diet

Specific recommendations

Signature: _____

Date: _____