

Interstitial Cystitis (IC) Guide

by Minnesota Women's Care

Welcome!

Minnesota Women's Care is known for our success treating pelvic floor disorders in women. Our approach is clear. First, we listen. Then using the most advanced diagnostic tools, we work to determine the specific cause of each woman's symptoms and to find a solution – the one that's right for her.

Our multi-disciplinary team includes a number of health professionals each with their own area of expertise. This includes urogynecologists, pelvic floor physical therapists, chiropractors, women's health nurse practitioners, exercise physiologists, and licensed dietitians. Our goal is to identify the condition and then find the least invasive, most effective treatment available ... one that will bring relief and restore quality of life.

About This Guide

This guide has been prepared for women who have been diagnosed with Interstitial Cystitis (IC) or for those who feel that changing their diet may alleviate their symptoms.

While some changes to diet and lifestyle can bring relief for some people, a more structured approach works best. If you are struggling with IC and want help determining how to effectively change your diet, we can help. **Our registered and licensed dietitians are available for appointments. Simply call us at 651-600-3035 or visit mnwcare.com.**

What is IC?

According to the Interstitial Cystitis Association (ICA), interstitial cystitis (IC) “is a condition that consists of recurring pelvic pain, pressure, or discomfort in the bladder and pelvic region, often associated with urinary frequency (needing to go often) and urgency (feeling a strong need to go).” (Beyer, 2010). The actual diagnosis for IC is determined by a systematic, multi-factorial diagnostic pathway.

About The IC Diet

Interstitial Cystitis (IC) is not well understood, but the link between food and the occurrence of pain episodes is very clear. Even though there is no cure for IC, through nutrition and lifestyle behavior changes, relief may be found as a form of remission. It is important to note that every individual is different, and bladder irritant foods may vary from person to person. However, many people have decreased their bladder irritation with the diet suggestions in this guide.

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Identification of Foods

In each category in this guide, foods have been identified in one of three ways:

BLADDER FRIENDLY FOODS ①	TRY IT ②	CAUTION ③
Water Plain Juice	Juice Low acid orange, grape, and some apple juices	Alcohol Irritating to the bladder, contraindicated with many IC

Start with a diet focused on Bladder Friendly Foods. After finding relief, you can begin adding food – one item at a time – from the “Try It” category. Note which things cause your symptoms to return.

What about the Caution Foods?

The caution foods under “The IC Foods List” have been found to trigger bladder discomfort. ONLY try these foods if your bladder is no longer sensitive.

Other Things to Consider

- ▶ Do not try foods you already know cause a reaction due to allergies or sensitivity.
- ▶ Shop for fresh foods, if possible. More processed foods have the potential to contain more trigger food items.
- ▶ Try different brands of foods as some brands may be more of a trigger than others.
- ▶ **HANG IN THERE.** This is a process and may take some time as sleep, stress, activity all can have an impact on your symptoms.

The IC Food List (Beyer, 2010*)

Beverages

BLADDER FRIENDLY FOODS	TRY IT	CAUTION
Water Plain Juice Blueberry, Pear Milk Milk Substitutes Almond, Rice, Lactaid Milkshake Vanilla Tea Peppermint, Chamomile Non-dairy Creamers Check label Eggnog Nonalcoholic, without problem ingredients	Juice Low acid orange, grape, and some apple juices Coffee Herbal (coffee alternative), Low acid decaf, Roasted Carob Tea Alfalfa, Roasted Carob Soda Root Beer with Ice (decaffeinated, not diet) Sports Drink Test to find one that works for you	Alcohol Irritating to the bladder, contraindicated with many IC medications Water Carbonated, Vitamin, Flavored Juice Cranberry, Orange, Acai Milk Chocolate, Soy Coffee Regular, Decaf Tea Regular, Green, Herbal, Iced Soda Colas, Citrus, Orange, Diet Drink Powders Kool Aid, Lemonade, Orange, Powdered Iced Tea Sports Drinks Energy Drinks Guarana, Mate

Dairy

BLADDER FRIENDLY FOODS	TRY IT	CAUTION
Cheese American, Mozzarella, Mild Cheddar, Feta, Ricotta, String Cheese Cottage Cheese Cream Cheese Ice Cream Some Milk Milk Substitutes Almond, Rice, Lactaid Sherbet No citrus or chocolate flavors Rice Dream Dessert Vanilla Whipped Cream From Dairy, Cool Whip, Dream Whip	Cheese Blue Cheese, Brie, Brick Parmesan, Camembert, Sharp Cheddar Cheese, Edam, Emmenthaler, Gruyere Hard Jack, Monterey Jack, Parmesan (Fresh & Canned), Roquefort, Stilton, Swiss Buttermilk Sour Cream Accent on a baked potato or soup Pizza Plain, Chicken and Garlic, Veggie, made with white sauce, NO pepperoni Sorbet Yogurt Blueberry, Vanilla, Plain	Cheese Processed, Cheez Whiz Ice Cream Caution with citrus or chocolate flavors Soy Products Soy milk, Soy cheeses

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***References**

Beyer, J. (2010). Interstitial cystitis: A guide for nutrition educators. NutraConsults.

The IC Food List

Meats, Fish, Poultry, & Protein

BLADDER FRIENDLY FOODS	TRY IT	CAUTION
Eggs Poultry Chicken, Turkey Fish Beef Seafood Clams, Crab meat (not canned), Lobster, Shrimp Lamb Pork Protein Powder Whey, Egg Whites Veal Liver Beef or Chicken	Garden/ Veggie Burger Without soy products Beef Corned beef Sandwich Meats Liverwurst, Ham (fresh or boiled without heavy preservatives or flavorings) Bacon Anchovies Caviar Prosciutto Sausages Without problem ingredients	Cured Meats Bologna, Pepperoni, Salami Canned Crab Meat Hot Dogs Sausage Most Smoked Fish Soy Products Soy veggie patties, Tofu, Protein Powder

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Vegetables

BLADDER FRIENDLY VEGETABLES		TRY IT
Asparagus Avocado Beans Black eyed Peas, Garbanzo, Lentils, Pinto, White, most Dried Beans Beets Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Chives Corn Cucumber Eggplant Green Beans Greens Collard greens, Kale, Mustard greens, Okra, Swiss Chard, Spinach, Bok Choy Lettuce (& Most Salad Greens)	Mushrooms Olives Black Parsley Peas Green, Snow peas, Split peas Bell Pepper Yellow, Orange, Red Potatoes White, Yams Pumpkin Radishes Rhubarb Rutabaga Squash Summer, Winter, Zucchini Turnips	Beans Fava, Kidney beans, Lima beans, Black beans Bell Peppers Green Olives Green Greens Chicory, Dandelion, Greens, Purslane (microgreen), Turnip greens Leeks Cooked Onions White, Red, Cooked Bulb Onion, Raw Green Tomatoes Homegrown, Low acid Watercress (Microgreen) CAUTION Chili Peppers Onions Raw Bulb Onions Pickles Sauerkraut Soybeans Edamame (Roasted) Tomatoes Tomato Sauce, Tomato Juice Tofu

The IC Food List

THE IC FOOD LIST

Fruits

BLADDER FRIENDLY FOODS	TRY IT	CAUTION
Apples Gala, Fuji, Pink Lady	Applesauce Commercial or Baby	Berries Cranberries, most
Applesauce Homemade with Gala, Fuji, Pink Lady Apples	Apricots	Citrus Lemon, Lime, Oranges, Grapefruit
Blueberries	Bananas	Dried Fruit With preservatives
Coconut Without preservatives	Berries Blackberries, Raspberries, Olallieberries	Grapes
Dates Without preservatives	Cherimoya	Guava
Pears	Cherries Fresh, Maraschino	Kiwi Fruit
Rhubarb	Citrus Peels	Melon Cantaloupe
Watermelon	Currants	Nectarines
	Figs	Passion Fruit
	Mango	Papaya
	Melon Crenshaw, Honeydew	Persimmon
	Peaches	Pineapple
	Plums	Starfruit
	Raisins Brown	Strawberries
		Raisins Golden

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Grains

BLADDER FRIENDLY FOODS	TRY IT	CAUTION
Breads Cornbread, Oatbread, Pita, Potato bread, White bread, Italian Sweet bread, Whole Wheat bread	Breads Rye, Sourdough	Breads Made with unsafe ingredients and/or heavily processed and fortified
Cereals Most cereals without problem ingredients, Oat cereal, Rice cereal (hot or cold)	Cereals Instant packaged hot cereal	Cereals Heavily preserved, sweetened, heavily fortified, flavored
Crackers Matzo	Crackers Without problem ingredients	Flour Soy
Grains Couscous, Grits, Millet, Quinoa, Spelt	Grain Amaranth	Pasta Prepared or boxed pasta dishes
Flour Buckwheat, Wheat		Rice Boxed dishes
Pasta With no added ingredients		
Rice With no added ingredients		

Soups

BLADDER FRIENDLY FOODS	TRY IT	CAUTION
Homemade Soup & Stock From okay meats and vegetables	Soups Canned, Low sodium, Organic Soups (without problem ingredients)	Bouillon Cubes, Powder
		Canned Most
		Packaged Soups Most

The IC Food List

Sweets & Desserts

BLADDER FRIENDLY FOODS		CAUTION
Berries Blueberries	Pastries Plain, Almond, Pear	Artificial Sweeteners Acesulfame K, Aspartame, NutraSweet, Saccharine, Sweet-N-Low, Stevia
Cake Homemade Pound Cake, Homemade White/Yellow Cake, Angel Food Cake, Carrot Cake	Ice Cream Peppermint, Vanilla	Candy Red Hot Cinnamon
Frostings Homemade Vanilla Frosting, Homemade Caramel Frosting, Carob, Whipped Cream	Pudding Tapioca, Vanilla, Rice	Chocolate Cocoa, Milk, Bittersweet, Dark
Carob (Chocolate Substitute)	Milkshake Vanilla	Ice Cream Chocolate, Coffee, Rocky Road
Cookies Oatmeal, Shortbread, Sugar	Sweeteners Brown Sugar, Honey, Sugar, Maple Syrup	Sorbet With problem fruits
Muffins Carrot	TRY IT	Pastries With problem fruits
Cheesecake	Artificial Sweeteners Splenda (sucralose)	Pie Mincemeat, Pecan
Crème Brule	Candy Licorice, Caramel	Desserts With problem nuts
Custards	Chocolate White	Fruitcake
Pie Custard, Cream Pie, Homemade Apple Pie (with safe apples), Pumpkin Pie	Ice Cream Caramel, Coconut, Mango, Butter Pecan	
Divinity Nougat made with egg white, corn syrup and sugar	Sorbet Coconut	
Sweet Breads Homemade Zucchini Bread	Pastries Blueberry, Cinnamon	
	Popsicles Some	
	Sweet Bread Banana Bread	
	Yogurt Frozen	

Snacks

BLADDER FRIENDLY FOODS	TRY IT	CAUTION
Almonds	Donuts Glazed, Old Fashioned	Chips Seasoned or Barbeque Potato
Carrots	Graham Crackers	Dessert Cakes Fast Food Restaurants
Celery	Fruit & Nut Bars With safe ingredients	
Chips Plain (Corn, Potato)	Licorice	
Crackers Soda or Soup		
Fruit Bars Blueberry, Pear		
Milkshake Vanilla		
Oatmeal Bars		
Peanuts		
Peanut Butter		
Popcorn		
Pretzels Plain		

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The IC Food List

Fats, Oils, Nuts, & Seeds

BLADDER FRIENDLY FOODS	TRY IT	CAUTION
Nuts Almonds, Cashews, Peanuts Butter Almond, Peanut Oil Canola, Coconut, Corn, Olive, Peanut, Safflower, Sesame, Soy Margarine Lard Shortening Salad Dressing Homemade without problem ingredients	Nuts Macadamia, Pecans, Walnuts Mayonnaise Tahini Seeds Sunflower seeds Shortening Butter flavored	Nuts Hazelnuts (Filberts), Pecans, Pistachios Oils Check Labels Salad Dressing Most

Condiments, Spices, & More

BLADDER FRIENDLY FOODS	TRY IT	CAUTION
Allspice Almond Extract Anise Basil Caraway Seed Coriander Dill Fennel Garlic Mace Marjoram Oregano Poppy Seed Rosemary Sage Salt In small quantities Thyme Tarragon Vanilla Extract	Black Pepper Celery Seed Cilantro Cinnamon Powdered Citric Acid In small quantities Cumin In small quantities Dried Parsley Dried Chervil Ginger Lemon Extract Mayonnaise Malt Powder Nutmeg Onion Powder Orange Extract Turmeric	Ascorbic Acid Autolyzed Yeast BHA & BHT Benzoates Ketchup Cayenne Cloves Chili Powder Horseradish Hot Curry Powder Hydrolyzed Protein Meat Tenderizers Miso Mustard Oleoresin Paprika Paprika Red Pepper Soy Sauce Tamari Vinegar Worcestershire Sauce Monosodium-Glutamate (MSG) Metabisulfites Sulfites

Need Assistance?

We can help. Minnesota Women's Care has four convenient locations. Call us at 651-600-3035 or visit mnwcare.com for an appointment.

Maplewood
2603 White Bear Avenue N
Maplewood, MN 55109

Apple Valley
15000 Garrett Ave
Apple Valley, MN 55124

Woodbury
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