

THE UROLOGY GROUP

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FREQUENCY/URGENCY SPECIAL DIET

Certain foods can cause urinary frequency and urgency. These include:

- Caffeinated beverages and foods
- Alcohol
- Spicy foods
- Citrus fruits and juices
- Carbonated beverages
- Milk and milk products
- Sugar or honey
- Artificial sweeteners

All of these foods and drinks contain irritants that can cause bladder spasms when they collect in the bladder. These spasms can create the sudden urge to urinate and increase the frequency of urination.

Caffeine and alcohol are diuretics, which means they make your kidneys produce more urine. Even a moderate amount of alcohol, coffee, tea or soda will increase the amount of urine the bladder must manage.

Smoking also irritates the bladder and increases the risk of bladder cancer. People with overactive bladders should quit smoking.

Try following the diet below to see if you can identify any foods or drinks that are irritating to your bladder.

ITEMS	FOODS ALLOWED	FOODS TO AVOID
Beverages	Evian water, alfalfa leaf tea, low acid wines, low acid coffee, sun tea	Alcohol (except low acid wines), Carbonated drinks, chamomile tea, yogurt, goat's milk, chocolate milk
Breads	White Bread, bread made of rice, millet, Quinoa, buckwheat, sourdough, matzo	Rye bread, fresh baked yeast products
Cereals	Refined cooked or ready to eat cereal	None
Fats	Butter, Margarine, vegetable oil	Mayonnaise, nuts, salad dressing
Soups	Soups made with allowed vegetables, cream of broccoli, watercress soup, cream of cauliflower soup	Packaged soup
Meat, Fish, Poultry	Beef, chicken, lamb, turkey, veal, blue fish, flounder, cod, halibut, salmon, sardines, scallops, snapper, sole, mackerel, tuna, crab, shrimp	Chicken liver, corned beef, pickled and fresh herring, smoked fish, caviar, anchovies, pork, bologna, pepperoni, liverwurst, salami, ham, bacon, sausage
Cheese	Cream cheese, cottage cheese, string cheese, Velveeta, ricotta	Aged cheeses, boursalt, camembert, cheddar, emmenthale, stilton, blue, brie, brick, bruyers, mozzarella, romano, roquefort
Eggs	None	All
Vegetables	Acorn squash, alfalfa, beet, broccoli, bok choy,	Asparagus, beet greens, artichoke,

	Brussel sprouts, cabbage, chicory, collard greens, carrot, celery, cucumber, cauliflower, cooked onions, shallots	chard, chilies, corn, dandelion greens, eggplant, mushroom, pickles
Beans, Potatoes	Azuki, navy beans, chick peas (garbanzos), split pea, kidney beans, peas	Potato, sweet potato, lima beans
Fruits & Fruit Juices	Apricot, pear, blueberries, loganberries, Minute maid, reduced acid juices, orange juice, pickled plums (umbeboshi)	Canned figs, cranberries, plums, prunes, apples, cantaloupes, pickled watermelons, grapes, guava, peaches, pineapple, strawberries, bananas, raspberries, raisins, fresh figs, dates, papaya, pomegranates, fruit juices (except those that are allowed)
Deserts	Jell-O, custard, pudding, sherbet, blueberry pie, peppermint ice cream	Pie with nuts, or fruit on foods to avoid list, cake
Sweets	Hard candy, honey, syrup, sugar, white chocolate, popsicles	Commercial candies containing Chocolate, NutraSweet, saccharine
Spices	Rosemary, thyme, oregano, basil, marjoram, fennel, sage, dill	Soy sauce, vinegar, meat tenderizers, ginger, chili, cayenne pepper, salt
Miscellaneous	Aloe Vera, Kuzu, golden seal tea	Brewer's Yeast, soy sauce, Worcestershire sauce