



Bladder Irritant List

Common Bladder Irritants

- Coffee / Caffeine
- Alcohol
- Carbonated drinks
- Citrus fruits & juices
- Tomatoes / tomato products
- Chocolate
- Artificial sweeteners

Possible Irritants (Varies by Person)

- Spicy foods
- Cranberry juice
- Vinegar / pickled foods
- Onions
- Highly processed foods
- Excess sugar

Bladder Friendly Alternatives

- Water
- Herbal tea (non-caffeinated)
- Pears
- Blueberries
- Oatmeal
- Almond or oat milk

Tip: Remove potential irritants for 1–2 weeks, then slowly reintroduce them one at a time to identify personal bladder triggers.