

Get the most from your SoLá Therapy

YOUR DIET MATTERS

Did you know that certain foods and drinks can actually contribute to bladder symptoms and CPP? Making simple changes to your diet can help. Pay special attention to common problem foods and drinks, and as a general rule, avoid spicy and acidic foods.



These lists are not all-inclusive. Using them as a guide, however, can help improve overall bladder health and comfort.

	FOODS/DRINKS TO AVOID	OK TO EAT/DRINK
BEVERAGES	<ul style="list-style-type: none"> X Alcoholic drinks X Carbonated drinks (i.e., sodas, tonics, and seltzers) X Spicy foods X Citrus fruit juices X All caffeinated drinks, including coffee and tea 	<ul style="list-style-type: none"> ✓ Water or flavored water (avoid artificial sweeteners) ✓ Milk ✓ Chamomile or peppermint tea ✓ Low acidity coffee
PROTEINS	<ul style="list-style-type: none"> X Smoked fishes and meats X Cold cuts X Beans (fava, lentil, black, lima, kidney, soy) X Tofu 	<ul style="list-style-type: none"> ✓ Poultry (chicken, turkey) ✓ Seafood ✓ Fresh meats (beef, pork)
DAIRY	<ul style="list-style-type: none"> X Cheeses to avoid: smoked gouda, provolone, parmesan, brie, swiss, jarlsberg, blue, monterey jack 	<ul style="list-style-type: none"> ✓ Cheeses ok to eat: american, cheddar, mozzarella, feta, ricotta, cream cheese, cottage cheese, string cheese ✓ Ice cream ✓ Whipped cream ✓ Milk ✓ Yogurt ✓ Mayonnaise

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NUTS	<ul style="list-style-type: none"> X Walnuts X Pecans X Brazil nuts X Macadamia nuts X Pistachios X Hazelnuts 	<ul style="list-style-type: none"> ✓ Cashews ✓ Almonds ✓ Pine nuts ✓ Peanuts
VEGETABLES & FRUITS	<ul style="list-style-type: none"> X Tomatoes X Chile peppers X Onions X Most fruits (especially citrus fruits and cranberries) 	<ul style="list-style-type: none"> ✓ Most vegetables ✓ Apples (Gala, Pink Lady, Fuji) ✓ Blueberries ✓ Pears ✓ Coconut
GRAINS	<ul style="list-style-type: none"> X Rye bread 	<ul style="list-style-type: none"> ✓ Most breads, including whole-grain, corn, potato, white and oat ✓ Cereals (including oat and rice) ✓ Rice ✓ Pasta
DESSERTS & SNACKS	<ul style="list-style-type: none"> X Chocolate X Anything with artificial sweeteners 	<ul style="list-style-type: none"> ✓ White chocolate ✓ Most snacks
CONDIMENTS	<ul style="list-style-type: none"> X Sugar substitutes X Vinegar X Soy sauce 	<ul style="list-style-type: none"> ✓ Any other condiments ✓ Fructose (as found in Superose®) is a safe sugar substitute and may be used freely

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Helpful Tips

IF YOU'RE A COFFEE LOVER

You can find multiple sellers of low-acid coffee online. Also, consider buying a Toddy® Cold Brew System, a coffee-making device that uses cold water to extract coffee flavor from coffee beans, without caffeine or acid.



IF YOU CANNOT COMPLETELY AVOID ACIDIC FOODS OR DRINKS

Prelief® is an over-the-counter antacid that neutralizes urinary acid. You can take 2 tablets at a time when consuming acidic foods or drinks.

Remember!

A change in diet can make a difference for people with bladder symptoms.

Break Free

Call **844-557-7652** with any questions about SoLá Therapy.

Learn more at solatherapy.com

or email us at info@solatherapy.com