


# Interstitial Cystitis (IC) Elimination Diet Food List

This comprehensive guide helps you navigate the elimination diet for interstitial cystitis, a chronic bladder condition requiring careful dietary management. Understanding which foods to embrace and which to avoid is the first step towards symptom relief and improved quality of life. ***Remember: you are unique and so are your triggers - this is simply a guide!***

# Allowed (Bladder-Friendly) Foods

These foods are generally well-tolerated and form the foundation of an IC-friendly diet. Building your meals around these options helps minimise bladder irritation whilst maintaining proper nutrition.

-  Important: Just because a food appears on the 'allowed' list doesn't mean it's safe for YOU. IC triggers are highly individual. Some people react to high-histamine foods, high-oxalate foods, FODMAPs, or other compounds. Always listen to your body and work with your healthcare provider to identify your personal triggers.



## Beverages

- Plain water (still or lightly flavoured with blueberry or pear juice)
- Milk and milk substitutes: almond milk, rice milk, Lactaid
- Herbal teas: chamomile, peppermint, Rooibos tea, fennel tea
- Decaffeinated coffee (if tolerated)
- Decaffeinated tea (if tolerated)
- Coconut water (if tolerated)
- Vanilla, caramel, or coconut milkshakes



## Fruits

- Bananas
- Blueberries
- Honeydew melon
- Pears
- Apricots, dates, prunes, raisins
- Watermelon
- Sweet apples (Gala, Fuji, Pink Lady)
- Cantaloupe
- Papaya (if tolerated)
- Mango (if tolerated)
- Coconut



## Vegetables

- Asparagus, broccoli, Brussels sprouts
- Cabbage, carrots, cauliflower
- Celery, cucumber, aubergine
- Green beans, lettuce, mushrooms
- Peas, spinach, squash, courgette
- Sweet potatoes, yams, beets
- Potatoes (white)
- Radishes
- Turnips
- Parsnips
- Bok choy
- Kale
- Swiss chard
- Bell peppers (green)
- Okra

# Allowed Foods (Continued)

More bladder-friendly options to build your meals around.



## Proteins

- Chicken, turkey, beef, pork, lamb
- Grass-fed options
- Fish and seafood: salmon, tuna, shrimp, clams, crab, lobster, cod, halibut, tilapia
- Eggs
- Protein powders: whey, egg whites
- Tofu, tempeh (if tolerated)



## Grains & Breads

- Oats, rice (white and brown)
- Wheat, quinoa, buckwheat, millet, couscous, spelt
- Barley, amaranth, teff
- Cornbread, oatmeal bread, pitta, potato bread, white bread
- Sourdough bread, rice cakes, corn tortillas
- Plain pasta



## Dairy

- American, mozzarella, mild cheddar, feta, ricotta, string cheese
- Cottage cheese, cream cheese
- Greek yogurt (plain, if tolerated)
- Butter, Ghee
- Goat cheese
- Some ice creams and sherbets (avoid citrus or chocolate flavours)
- Whipped cream (dairy-based)



## Nuts & Oils

- Almonds, cashews, peanuts
- Sunflower seeds, Pumpkin seeds (pepitas), Macadamia nuts
- Olive oil, canola oil, vegetable oils
- Coconut oil, Avocado oil



## Seasonings

- Garlic (fresh or powdered)
- Mild herbs and spices
- Basil, Oregano, Thyme, Rosemary, Parsley, Sage
- Turmeric (mild), Ginger (fresh, small amounts)
- Dressings without vinegar or citrus



## Sweeteners

- Honey
- Maple syrup
- Stevia (pure)
- Coconut sugar

# Foods to Avoid (Common IC Triggers)

These foods commonly irritate the bladder lining and should be eliminated during the initial healing phase. Even small amounts can trigger symptoms in sensitive individuals.

## Beverages

- Coffee (caffeinated **and** decaffeinated)
- Tea (caffeinated, green tea, black tea)
- Alcohol (beer, wine, spirits)
- Carbonated drinks (cola, diet sodas)
- Citrus juices: grapefruit, orange, lemon, pineapple, cranberry
- Energy drinks and sports drinks
- Kombucha
- Apple cider vinegar drinks
- Hot chocolate

## Fruits

- Grapefruit, lemon, lime, orange
- Pineapple
- Cranberries
- Strawberries (large quantities)
- Sour or tart apples (e.g., Granny Smith)
- Kiwis, sour cherries, nectarines
- Pomegranate
- Passion fruit
- Guava
- Plums (sour varieties)
- Grapes (for some)
- Dried fruits with sulfites

## Vegetables & Legumes

- Tomatoes and tomato products (sauces, ketchup)
- Hot chilli peppers, jalapeños, cayenne
- Pickles, sauerkraut, vinegar-containing foods
- Horseradish
- Soy products (edamame, soy sauce, miso)
- Onions (for some people)
- Fava beans
- Lima beans
- Lentils (for some)
- Chickpeas (for some)
- Aged or fermented vegetables
- Eggplant (for histamine-sensitive individuals)

# Foods to Avoid (Continued)

Additional trigger foods and sensitivity-specific items to eliminate during the healing phase.



## Proteins

- Processed meats: salami, bologna
- Heavily spiced or cured deli meats
- Heavily spiced or marinated meats
- Aged cheeses
- Smoked fish
- Canned fish in tomato sauce
- Bacon
- Hot dogs
- Sausages with spices

## Grains & Breads

- Heavily processed breads and cereals with artificial additives
- Foods containing monosodium glutamate (MSG)
- Artificial sweeteners: Equal®, NutraSweet®, Saccharin, Sweet'N Low®
- Anything with citric acid
- Foods with benzoates or sulfites

## High-Histamine Foods (for sensitive individuals)

- Fermented foods
- Aged meats and cheeses
- Leftovers (older than 24 hours)
- Spinach (large amounts)
- Avocado (for some)
- Eggplant
- Canned foods
- Alcohol

# Foods to Avoid (Final)

The last category of trigger foods to watch for during your elimination phase.

## Dairy & Sweets

- Yoghurt (especially citrus or artificially sweetened varieties)
- Chocolate and chocolate-flavoured products
- Spicy or heavily processed cheeses
- Aged cheeses (parmesan, blue cheese, aged cheddar)
- Sour cream
- Buttermilk
- Chocolate milk
- Candy with artificial colors

## High-Oxalate Foods (for sensitive individuals)

- Spinach (large amounts)
- Swiss chard
- Beets
- Rhubarb
- Almonds (large amounts)
- Sweet potatoes (for some)
- Chocolate
- Soy products

## Condiments & Additives

- Ketchup, mustard (especially spicy)
- Soy sauce, Worcestershire sauce
- Vinegar and vinegar-based dressings
- Spicy sauces and ethnic spicy foods (Mexican, Indian, Thai)
- Artificial preservatives, colours, and flavour enhancers
- Mayonnaise (for some)
- BBQ sauce
- Hot sauce
- Salsa
- Chutney
- Relish
- MSG
- Citric acid
- Benzoic acid
- Artificial colors and flavors

Remember: This list includes common triggers **AND** foods that may affect those with additional sensitivities (histamine, oxalate, FODMAPs). Your personal trigger list may be shorter or longer than this.



# Notes for Success



01

## Commit to the elimination phase

Follow the elimination diet strictly for at least 4 weeks to allow bladder healing. Consistency is crucial for accurate assessment of your triggers.

03

## Maintain detailed records

Keep a detailed food and symptom diary to identify personal triggers. Note timing, quantities, and symptom severity for best results.

02

## Reintroduce foods systematically

Reintroduce one avoided food at a time, in small amounts, over 3 days to monitor symptoms. This methodical approach helps identify specific triggers.

04

## Support your overall health

Avoid stress, maintain regular physical activity, and consult your healthcare provider before reintroducing foods. Holistic wellness supports bladder health.

☐ **Helpful Tip:** Consider using bladder-friendly neutralisers like Prelief if occasional trigger foods are consumed. This can provide additional protection during social situations or when dining out.

# Your Journey to Bladder Comfort

This list is based on the latest research and patient experiences as of November 2025. Individual tolerances vary significantly, making it essential to personalise your diet with professional guidance.

Remember that whilst these guidelines provide a solid foundation, your body's unique responses will shape your optimal diet. Work closely with your healthcare provider to develop a sustainable eating plan that supports both bladder health and overall nutrition.

**Stay patient, stay consistent, and celebrate each small victory on your path to wellness.**



**4+**

**Weeks minimum**

For initial elimination phase

**3**

**Days per food**

When reintroducing triggers

**1**

**Food at a time**

For accurate trigger identification

**⚠ Medical Disclaimer:** This information is for educational purposes only and is not intended as medical advice. Always consult with your healthcare provider before making significant dietary changes or if you have concerns about your bladder health. Individual responses to foods vary greatly, and what works for one person may not work for another.

For more resources and support, visit IC Ally at [www.ically.life](http://www.ically.life)

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