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Interstitial Cystitis Food Sensitivities

Much research has been done on the occurrence of food sensitivities in patients with IC. Over 90% feel there are some foods which increase their symptoms. BUT everyone has a different list. There is not one IC diet. Here is a list of the most common (not all inclusive) problematic and IC friendly foods.

Potentially problematic (in no particular order)

- Citrus fruits and juices
- Tomatoes
- Carbonated beverages
- Foods containing hot peppers
- Certain artificial sweeteners
- Pineapple and juice
- Cranberry and juice
- Horseradish
- Vinegar
- Pickled herring
- Caffeinated and decaff coffee and tea
- Alcoholic beverages
- Spices – pepper, curry, hot pepper, green horseradish paste
- Foods with strong tastes
- Soybeans
- Tofu

IC friendly foods (usually do not increased symptoms of pain and frequency)

- Beef
- Fish
- Eggs
- Nuts
- Peanut butter
- Pork
- Poultry
- Lamb
- Beans

An elimination diet is necessary to determine which foods increase your symptoms. Add only one food at a time and repeat for three days to determine results. Do not cheat. Take notes. Be patient. Also realize food sensitivities change – coffee may not bother you now but in 2 years it might be a great source of pain. Retest food types periodically.

This information taken from the spring issue of ICA Update.
More resources on the ICS web site ichelp.org