

**Bladder Irritants**

**Certain foods and beverages irritate the bladder and can cause muscle dysfunction in some people. Not all people are irritated by the same substances.**

**The most common foods/beverages:**

Coffee

Tea

Carbonated beverages- caffeine free and water, included

Acidic fruits- grapefruit, orange, lemon and limes- along with juices

Spicy foods

Tomato based products

Chocolate

**This list is not exclusive, some people are sensitive to bananas, nuts, alcohol, dairy and berries**

**Some food items that can be calming to the bladder may include:**

Water

Pears

Bananas

Green beans

Winter squash

Potatoes