

2012 ICN Food List

For Interstitial Cystitis, Bladder Pain Syndrome, Overactive Bladder
Interstitial Cystitis Network - <http://www.ic-network.com>



Understanding the IC Diet

If you are newly diagnosed and your bladder symptoms are raging, you may be in so much discomfort that you simply can't tell if foods irritate your bladder. Diet modification is a critical first step in gaining control over your symptoms. Ask yourself "would you pour coffee on an open wound on your hand?" The answer, of course, is **"no."** Then how can you justify pouring acid on a wound in your bladder?

It's time to take charge of your diet to protect and soothe your bladder. For the next three to six months, you should eliminate the most common bladder irritating foods and you'll also need to do quite a bit of experimentation as you create your own, personalized food list. We've included two lists to help you on your journey.

In the tables on this page, you'll see what research studies have identified as the *"more bothersome"* and *"less bothersome"* foods for IC patients. The more bothersome foods (Table 1) come as no surprise and are the **"no brainers"** that you'll want to remove immediately from your diet. In Table 2, you will find foods which IC patients were generally able to enjoy without irritating their bladders provided, of course, that you don't add risk foods to them (i.e. hot spicy sauces).

The **2012 ICN Food List** is much more comprehensive and is based on both research studies and patient experiences. It will allow you to find IC friendly versions of some of your favorite foods.

"Bladder Friendly Foods" are those which most patients tolerate well. These are the foods and beverages we suggest that you consume when you are having bladder discomfort. They rarely trigger bladder irritation.

"Foods Worth Trying Cautiously" are generally safe though they may irritate more sensitive bladders. They should be tried in small quantities first.

"Foods to Avoid" are those well known for triggering bladder discomfort.

Foods with a (+) sign can be soothing during an IC flare.

Table 1 - Most Bothersome Foods*	
Coffee (caffeinated)	Orange juice
Coffee (decaffeinated)	Pineapple juice Tomato
Tea (caffeinated)	Tomato products
Cola carbonated beverage	Hot peppers
Non-cola carbonated beverage	Spicy foods
Diet carbonated beverage	Chili
Caffeine-free carbonated beverage	Horseradish
Beer	Vinegar
Red Wine	Monosodium glutamate (MSG)
White Wine	NutraSweet
Champagne	Sweet 'N Low
Grapefruit	Equal (sweetener)
Lemon	Saccharin
Orange	Mexican food
Pineapple	Thai food
Cranberry juice	Indian food
Grapefruit juice	
Table 2 - Least Bothersome Foods*	
Water	Squash
Milk, low-fat	Zucchini
Milk, whole	White potatoes
Bananas	Sweet potatoes/yams
Blueberries	Chicken
Honeydew melon	Eggs
Pears	Turkey
Raisins	Beef
Watermelon	Pork
Broccoli	Lamb
Brussels Sprouts	Shrimp
Cabbage	Tuna fish
Carrots	Salmon
Cauliflower	Oat
Celery	Rice
Cucumber	Pretzels
Mushrooms	Popcorn
Peas	
Radishes	

*Friedlander J, et al. Diet and its role in interstitial cystitis/bladder pain syndrome (IC/BPS) and comorbid conditions. BJU International. BJU Int. 2012 Jan 11.

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	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
Acacia Fiber	powdered, unflavored		
Acidophilous	acidophilous capsules		
Allspice		ground or grated	
Almond Extract	look for organic, higher quality extracts		
Almonds	unsalted, organic, raw, roasted or almond butter (i.e. Zinke & Blue Diamond)	lightly seasoned, candied, caramel or carob covered almonds (i.e. Nunes Farms)	chocolate covered, heavily seasoned with "hot" chili flavoring and spices
Aloe		Desert Harvest Aloe® capsules	aloe beverages containing risky ingredients such as Vitamin C, Maca, Camu
Amaranth		amaranth - grain, cereal	
Anise	ground & pods		
Apples	sweet, mild apples (i.e. Gala, Fuji, Pink Lady), jam, jelly, pies, tarts, juice	sweet Red or Green Delicious apples	sour or very tart apples (i.e. Granny Smith)
Applesauce	homemade applesauce made with Gala, Fuji or Pink Lady apples	brand name or baby applesauces may include acids or spices that can irritate the bladder	
Apricots		fresh apricots, jam, jelly, pies, tarts, organic dried apricots	
Artichokes	fresh, steamed & boiled		artichoke hearts marinated in vinegar
Ascorbic Acid		low acid ester C	ascorbic acid
Asparagus	fresh, steamed & boiled		asparagus marinated in vinegar
Autolyzed Yeast			autolyzed yeast
Avocado	fresh, ice cream, mild guacamole		guacamole with strong, hot, chili spices
Bacon	uncured, preservative free turkey or pork bacon	mildly spiced, cured bacon products	heavily cured, preserved, smoked or spiced bacon products
Baking Powder & Soda	double acting or single acting powder, baking soda		
Bananas		fresh banana, bread, fritters, ice cream	chocolate covered, banana chips treated with sulfur
Basil	fresh, flakes, infused olive oil	pesto sauce	
Beans	black eyed peas, garbanzo, lentils, pinto, white, most dried beans	fava, kidney beans, lima beans, black beans	
Beef	fresh or frozen roasts, steaks, ground beef & other cuts	mild corned beef	heavily spiced, preserved or prepackaged products
Beer		light lagers, light hybrid beers, light ales	brown ales, stout, hard cider, german white or rye beer, belgian or french ale, brown ales
Beets	fresh, steamed, boiled, canned		pickled beets in vinegar
Bell Peppers	yellow, orange and red peppers	green peppers	
Berries	blueberries	blackberries, raspberries, olallieberries	cranberries, strawberries in large quantities

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	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
Blueberries	jam, fruit bars, tarts and pies, ice cream		
Breads	corn+, oat+, pita, potato+, white+, Italian sweet, whole wheat	rye, pumpernickel, sourdough breads - Ezekiel bread is popular for its high fiber and protein but could bother soy sensitive patients	breads made with unsafe ingredients and/or heavily processed and fortified
Breads - sweet	homemade zucchini bread+, pumpkin bread, apple bread	banana bread	
Broccoli	fresh, frozen, steamed, boiled		
Brussels Sprouts	fresh, frozen, steamed, boiled		
Butter and Margarine	real butter, sweetened or unsweetened	Soybean oil based margarines may be irritating for some	
Buttermilk		fresh - try a small amount first to see if you tolerate it well	
Cabbage	raw or cooked		pickled or sauerkraut
Cake	homemade pound, angel food, white+, yellow+	Dr Oetker's Organic White Cake Mix, carrot cake without problem ingredients	chocolate, commercial mixes that use artificial colorings and flavorings
Calcium	calcium citrate or carbonate tablets		
Candy	carob, caramel, mint, butterscotch, divinity	licorice, white chocolate, cotton, mild gums (sugar or xylitol based)	red hot-type cinnamons, sour candy, most sugar-free candy and gums
Cantaloupe		fresh - try in small quantities, it is more irritating than other melons	
Caraway	caraway seeds		
Carob	chips, powder, candy		
Carrots	fresh, raw or steamed	carrot cake without problem ingredients	
Catsup and Ketchup		used in small quantities	used in large quantities
Cauliflower	fresh, raw or steamed		
Cayenne			cayenne
Celery	fresh, raw or steamed		
Celery Seed		ground	
Cereals	oatmeal, oat, rice and fiber without problem ingredients	Ezekiel Cereal, Fiber-One, Kashi Go-Lean, Grape Nuts, Cheerios, Kashi Autumn Wheat	heavily preserved, sweetened, flavored, chocolate
Cheese	American, mozzarella, cheddar cheese (mild), feta, ricotta+, string cheeses+	blue cheese, brie, brick parmesan, camembert, cheddar cheese (sharp), edam, emmenthaler, gruyere hard jack, Monterey Jack, parmesan (fresh & canned), Roquefort, stilton, Swiss	processed, heavily spiced, cheese in a can products
Cheese Substitutes			tofu and soy cheeses
Cheesecake	plain, vanilla bean, blueberry, peppermint, caramel, dulce de leche, pumpkin	dutch apple	chocolate, mocha, lemon, key lime, strawberry

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	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
Cherimoya		fresh	
Cherries		fresh cherries, organic maraschino	sour cherries
Chervil		dried chervil	
Chicken	fresh cooked (baked, fried, roasted, sauteed)		“fast food,” prepackaged, heavily spiced chicken products
Chili Peppers			hot, chili pepper flakes, medium or hot salsa, “hot” spiced foods such as chili, bbq, hot wing sauce
Chili Powder			ground chili powder
Chips	corn or potato chips - plain		strongly seasoned or salty chips, such as barbecue, buffalo wing, jalapeno, sweet chili, salt & vinegar, red hot, cheddar & sour cream
Chives	fresh, dried		
Chocolate	carob is a bladder friendly substitute	white or a very high quality dark	milk, bittersweet, cocoa powder
Cilantro		fresh, dried	
Cinnamon		ceylon cinnamon	chinese cassia cinnamon may be too strong
Citric acid		very small quantities when used as a preservative for some canned foods	large quantities or when used as a flavoring (i.e. most sodas)
Citrus Fruits			lemons, limes, oranges, grapefruit, clementine
Citrus Peel		fresh or dried citrus peel	candied citrus peels
Cloves			ground, whole
Coconut	flakes (untreated, organic), milk, ice cream, sorbet		coconut treated with metabisulfite
Coffees		herbal coffees (Pero, Cafix, Kaffree Roma) or low acid decaf coffees (Simpatico, Euromild, Puroast or Tyler’s)	traditional coffees (regular & decaf) should be avoided due to their high acid and/or caffeine content
Colonoscopy Preps	MiraLAX® protocol with water	MiraLAX® protocol with clear, green or blue Gatorade®	
Cookies	oatmeal+ , shortbread, sugar+, carob chip, mexican wedding, biscotti, almond	snickerdoodles, peanut butter	chocolate chip, cranberry
Coriander	ground		
Corn	fresh yellow, white, blue, mixed corn, cornmeal, polenta, grits		
Cottage Cheese	plain cottage cheese, large curd made with sennet (low acid)	cottage cheese, small curd made without rennet (higher acid)	
Crackers	matzo, soda or soup	crackers without obvious problem ingredients, Triskets, organic, stone ground wheat, rice thins	strongly spiced crackers

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	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
Cranberry Products			all juice, supplements, pills
Cream Cheese	fresh, plain cream cheese	mildly spiced cream cheeses (i.e. pumpkin, italian herb, savory garlic)	
Cucumber	burpless hybrid, orient express or sweet slice varieties		dill or sweet pickle relish and pickles may include vinegar
Cumin		ground	
Currants		organic fresh or dried currants	
Curry - Hot			curry powder, hot
Custards	vanilla, coconut, creme brulee		
Dates	organic fresh or dried dates		
Deli Meats	filler, gluten, color free meats (i.e. Boar's Head, Hormel Natural)	liverwurst, ham, bologna, mortadella, prosciutto without heavy preservatives or flavorings	heavily spiced, salted, flavored meat products such as salami and pepperoni
Dill	fresh, dried		
Divinity	vanilla, peppermint		
Donuts	glazed, sugar coated, old fashioned, cream cheese	maple, apple, raspberry	chocolate
Dried Fruit		organic dried apples, peaches, apricots, prunes without preservatives	dried fruits with preservatives
Drink Powders		white hot chocolate mixes	Kool-aid®, lemonade, orange, and all powdered chocolate and sweet tea drinks
Eggnog	fresh eggnog without alcohol		eggnog with coffee or strong alcohol
Eggplant	baked, sauteed		eggplant parmigiana with tomato sauce
Eggs	artificial-stimulant-free and veggie-fed eggs, dried or pasteurized egg whites	Egg Beaters	
Fennel	fennel - fresh, dried		
Fibers	bulk acacia fiber (Heather's Tummy Fiber™), bulk psyllium fiber (Benefiber®, Metamucil Clear & Natural®) - psyllium or inulin without artificial sugars or citrus flavors	Metamucil® Cinnamon Wafers	Metamucil® - orange, lemon or berry Benefiber® - Plus Heart Health, Plus Calcium contain artificial sugar and orange flavoring
Figs		fresh, dried	
Fish	fresh or frozen cod, sole, tilapia, salmon, tuna, anchovies	canned tuna, salmon, anchovies or caviar packed in water	"fast food," heavily spiced, smoked, preserved or prepackaged products
Fish Oil	capsules, liquid without citrus		fish oils using lemon or other citrus flavors
Flax Seed Oil		capsules	
Flours	buckwheat, wheat, rice, corn		soy
Folic Acid		tablets	

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	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
Frostings	homemade vanilla, buttercream, caramel, carob frostings and whipped cream	Dr Oetker's Organic Vanilla Frosting Mix	most canned frostings contain high amounts of preservatives, sweeteners and artificial flavorings
Fruit & Nut Bars	blueberry, pear	almond, peanut, coconut, apple, blueberry, raisin	cranberry, tart grape, chocolate
Fruitcakes			whiskey, alcohol, rum, risky dried fruits, risky nuts
Garden/Veggie Burgers		fresh, preservative free garden burgers - beware soy sauce flavoring	soy veggie patties
Garlic	fresh, dried, powder, infused oil	garlic salt	
Ginger		fresh, dried	
Graham Crackers	organic, plain, honey coated	cinnamon	
Grapes		fresh, sweet grapes	tart or bitter grapes
Green Beans	fresh, frozen	canned beans	
Greens	collard greens, kale, mustard greens, okra, swiss chard, spinach, bok choy	chicory, dandelion greens, purslane, turnip greens	
Guava			fresh or preserved guava products
Gum	sugar based, mint or licorice flavors	sweetened with xylitol, mint or licorice flavors	gums with most artificial sweeteners, hot spicy flavors, citrus flavors
Horseradish			grated, flakes, powder
Hot Dogs	uncured, preservative free chicken, turkey, beef or pork hot dogs (i e Niman Ranch)	mildly seasoned hot dogs	cured, smoked hot dogs
Hydrolyzed Protein			hydrolyzed protein may be hidden MSG
Ice Cream	peppermint, vanilla+	caramel, coconut, mango, peppermint, almond, butter pecan	chocolate, coffee, rocky road, citrus flavors
Italian Sodas	blueberry, coconut, pear made with low sodium mineral water	raspberry, blackberry, strawberry, root beer, peach, watermelon	cola, lemon, lime, orange, chocolate, coffee using high sodium mineral waters
Juices	blueberry & pear (i.e. Knudsen's Organic Pear juice)	baby apple or grape juices, low acid orange juice, some "organic" adult apple juices	cranberry, grapefruit, regular orange, tomato and acai juices
Kiwi fruit			fresh or preserved kiwi fruit, jams and jelly
Lamb	fresh or frozen		heavily spiced, preserved or prepacked lamb products
Lard	lard		
Leeks		fresh, usually cooked	
Lemon extract		organic, lemon extract	
Lettuce & Salad Greens	green leafy, romaine, butterhead, iceberg, looseleaf	bitter salad greens (i e radicchio)	
Licorice		black, raspberry, cherry licorice	

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	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
Liquors & Spirits		sake, scotch, brandy, bourbon, gin, rum, vodka	whiskey, liqueurs, tequila
Liver	beef or chicken liver		
Mace	ground		
Malt Powder		preservative free	
Mango		fresh or dried mango, juice, jams and jellies	
Maple Syrup	homemade or store bought authentic maple syrup		all imitation syrups - regular, lite or sugar free
Marjoram	fresh, dried+		
Mayonnaise		regular and olive oil mayonnaise	
Meat Tenderizers			these usually contain MSG and high salt
Melons		crenshaw, honeydew, watermelon	cantaloupe
Milk	regular, low fat, non-fat, lactaid	goat's milk	chocolate, soy
Milk Substitutes	almond and rice milks	regular non-dairy creamers, such as Mocha Mix	soybean based, chocolate or mocha flavors
Milkshakes	vanilla, coconut and caramel are usually bladder friendly	blueberry, peach or other IC friendly fruits	chocolate, coffee and mocha shakes
Miso			powder, liquid
Mixers	water, low acid sparkling water (San Pellegrino), milk, cream, egg nog	blueberry juice, peach juice, pomegranate juice, apple juice, root beer	lime juice, lemon juice, lemonade, cola, lemon sodas, tomato juice
MSG & Misc. Additives			monosodium glutamate, modified food starch, hydrolyzed proteins, sodium caseinate, yeast extract, autolyzed yeast
Muffins	oatmeal, carrot, bran, apple, corn, pumpkin, blueberry	cinnamon, raspberry, blackberry, banana	chocolate, chocolate chip, cranberry, orange, lemon poppyseed
Mushrooms	button, chantarelle, shiitake, portabello, enoki, truffles		
Mustard		mild, sweet flavors	hot, spicy, alcohol infused flavors
Nectarines		fresh, very sweet nectarines	sour or tart nectarines
Non-Dairy Creamers	creamers without soybean oil	Mocha Mix® for patients not sensitive to soy	artificially flavored creamers, such as coffee, chocolate, mocha or cherry
Noodles & Pasta	wheat, rice, corn, quinoa	pesto, carbonara, clam, alfredo	tomato, premade pasta dishes with heavy flavorings and/or preservatives
Nut Butters	almond, peanut that are lower in salt and hydrogenated oils (i e Zinke Farms)		
Nutmeg		ground	
Nuts	almonds, cashews, peanuts	macadamia, pecans, walnuts	filberts, hazelnuts, pecans, pistachios
Oatmeal Bars	oatmeal bars without problem ingredients		chocolate, cranberry

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	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
Oils	almond, canola, coconut, corn, olive, peanut, safflower, sesame, herb infused olive oils	Soybean oil can bother some patients Try it cautiously!	
Olives	black olives in water	green olives in water, green olives stuffed with almonds	martini olives marinated in vermouth or stuffed with chili peppers
Onion Powder		organic white, yellow, red, toasted	
Onions		white, red, green, pearl, scallions, chives	raw bulb onions
Orange Extract		organic extract in very small quantities	
Oregano	fresh, dried		
Papaya		fresh or preserved papaya products	
Paprika		made from bell peppers	made from chili peppers, oleoresin paprika
Parsley	fresh or dried		
Passion Fruit		fresh or preserved products, juice	
Pastries	plain, almond, pear, custard, pumpkin	blueberry, cinnamon	chocolate and/or problem fruits
Peaches		fresh peaches, jam, pie, tart, juice	
Peanut Butter	organic, natural peanut butters that are lower in salt and hydrogenated oils		
Peanuts	raw, roasted, unsalted, lightly salted, peanut butter		heavily spiced, salted, or coated with chocolate
Pears	juice, fruit bars, jams, canned pears in pear juice		
Peas	green peas+, snow peas, split peas (fresh or dried)		
Pepper	fresh	black, white, green powders	cayenne, pink, sichuan powders
Persimmon		persimmon fruit	
Pickles			sweet or dill
Pie	custard, cream pie, homemade apple pie (with safe apples), pumpkin pie	peach pie, banana cream	pecan, mincemeat, key lime, lemon meringue, chocolate
Pineapple			pineapple fruit and juice
Pizza	plain, mild cheese, mushroom, veggie made without red sauce	plain, chicken & garlic, veggie, ham, alfredo sauce, creamy garlic sauce, basil pesto sauce	pepperoni, hot sausage, marinara sauce, bbq sauce, chili pepper flakes
Plums		fresh, sweet, organic dried plums & prunes	
Popcorn	homemade (fried or steamed)	“all natural” microwaveable popcorn with no added flavors, preservatives or colors	microwaveable packages heavily spiced (i.e. jalapeno, kettle corn, spicy nacho, etc.)
Poppy Seed	poppy seeds, muffins, cakes		
Popsicles	coconut, vanilla, carob	banana, blueberry, mango and raspberry	chocolate, lemon, orange, lime

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	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
Pork	fresh or frozen	uncured, preservative free hot dogs, bacon and sausage (i.e. Niman Ranch products)	heavily spiced, preserved or cured pork products
Potato Flakes	dried		
Potatoes	white, red, yellow, baking, sweet, yams		
Preservatives			BHA, BHT, benzoates, citric acid, metabisulfite, sulfite
Pretzels	plain, unsalted	lightly salted	heavily spiced or salted
Prosciutto		mild with minimal preservatives	
Protein Powder	whey, egg whites (i.e. Just White's Egg White Powder)		soy powders
Prunes	fresh plums	organic dried prunes, prune juice (diluted with water)	avoid heavily preserved dried fruit
Psyllium Fiber	ground, coarse (husk)		sugar free or citrus flavored psyllium fiber products
Puddings	tapioca, vanilla+, rice+, coconut, creme brulee	butterscotch, banana	chocolate
Pumpkin	fresh, canned, soup, bread, muffins without problem ingredients		
Quinoa	flour, pasta, bread, cereal		
Radishes	fresh		
Raisins		organic, untreated gold or brown	treated gold or brown
Red Wines	none	Merlot, Pinot noir, Cabernet, Syrah	Sangiovese, Zinfandel, Port
Rhubarb	fresh		strawberry & rhubarb pie
Rice	short grain, long grain, basmati, wild		cajun, spicy boxed products
Rice Dream®	vanilla	carob almond, mint carob chip	chocolate
Rosemary	fresh, dried		
Rutabaga	fresh, organic		
Sage	sage+ fresh, dried		
Salad Dressing	some homemade salad dressings (i.e. ranch dressing), herb infused olive oils	"organic" brand name dressings without problem ingredients or spices (i.e. Marie's)	oil & vinegar, dressings with strong "hot" spices
Salt	table, sea, iodized, kosher, celtic in small quantities	coarse in small quantities	rock, seasoned
Sauerkraut			sauerkraut, pickled cabbage
Sausages	uncured, preservative free chicken, pork or turkey sausages	mildly spiced sausage or sausage meat, such as mild italian sausage or breakfast sausages	avoid heavily preserved, cured, smoked or spiced sausages
Seafood	clams, crabmeat (not canned), lobster, shrimp		heavily spiced, preserved or prepacked seafood products, canned crab meat

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	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
Seeds		organic, unsalted or lightly salted sunflower, pumpkin, sesame seeds	heavily seasoned, hot spiced, salty
Senna			teas, pills
Sherbet	vanilla, coconut, peppermint	raspberry, blackberry, melon, mango, strawberry	chocolate or citrus flavors
Shortening	shortenings free of soybean oil	Soybean oil based products	
Smoked Fish			heavily preserved, salted and/or cured smoked fish
Snack Cakes	homemade vanilla, pound or carrot cakes		fast food snack cakes
Soft Drinks & Sodas		caffeine free root beer with ice may be attempted once or twice a month	all colas, sugar or diet, energy drinks, all citrus, mountain, ginger, guarana, strawberry
Sorbet	blueberry, pear, coconut	raspberry, blackberry, mango, peach	lemon, lime, orange
Soups - Bouillon	homemade chicken, beef or vegetable bouillon or stock		bouillon cubes, powder
Soups - Canned		organic and/or reduced salt canned soups	brand name soups high in salt and/or have problem ingredients
Soups - Homemade	homemade chicken, beef, turkey, squash, pea, bean, carrot, potato, corn		tomato soup, minestrone made with heavy tomato sauce, hot chili
Soups - Packaged			most instant or prepackaged soups
Sour Cream		sour cream	
Soy Beans			edamame, roasted
Soy Products		fresh, unflavored tofu	soy veggie patties, flour protein powder, aged tofu
Soy Sauce			soy sauce
Specialty Grains	couscous, grits, millet, quinoa+, spelt	amaranth	
Squash	summer (zucchini, patty pan, crookneck, yellow) winter (acorn, butternut, patty pan, spaghetti)		
Starfruit		fresh	
Stool Softeners	polyethylene glycol products - Miralax®	docusate products	
Strawberries		fresh, sweet strawberries (in small quantities)	strawberries in large quantities, sour strawberries, jams, jellies, flavorings
Sweeteners - Artificial		Splenda® (sucralose), Truvia® (stevia)	acesulfame K, aspartame, Nutrasweet®, saccharine, Sweet-N-Low®
Sweeteners+	brown sugar, white sugar, honey+	Splenda® (sucralose), Truvia® (stevia)	acesulfame K, aspartame, Nutrasweet®, saccharine, Sweet-N-Low®, Stevia
Tahini		tahini sauce in a small quantity	
Tamari			tamari sauce

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Tarragon	fresh, dried		
Teas	chamomile+ and peppermint+ herbal teas	alfalfa, roasted carob, marshmallow root, licorice root, roobios	hot, iced or sweet regular and decaf black tea, green tea and most herbal blends
Thyme	fresh, dried		
Tofu		fresh without preservatives or heavy spices	premade, preserved, flavored varieties
Tomatoes		homegrown, yellow, low acid varieties	tomato sauce, paste, juice
Tortillas	corn, flour		
Tums®	Tums® - Peppermint	Tums® - Tropical Fruit, Assorted Fruit flavors	Tums® - Sugar Free and citrus flavors
Turkey & Fowl	turkey, chicken, game hens		heavily cured, preserved, smoked or spiced fowl products
Turmeric		ground	
Turnips	fresh, organic		
Vanilla	extract, bean pods		
Veal	fresh or frozen		heavily spiced, preserved or prepacked veal products
Vinegar			white, apple cider, red wine, balsamic, spirit
Vitamins	A, B1, B2, B12, D, E, K	low acid Ester C	Vitamin C & B6
Water	tap or bottled	“essence” waters (i e MetroMint or Hint Waters) without sweeteners, colorings or artificial flavors	carbonated, “sparkling,” vitamin, flavored and/or heavily filtered water
Watercress		fresh	
Watermelon		fresh	watermelon pickles
Wheat Flour	all purpose, bread, buckwheat, cake, pastry, semolina, whole-wheat		
Whipped Cream	fresh whip cream, Cool Whip®		
White Wines	none	Chardonnay, Pinot Grigio, Riesling, Sauvignon Blanc	Champagne, Sparkling Wines, Gewurztraminer, Muscat, Semillion
Worcestershire Sauce			worcestershire sauce - all brands
Yogurt		plain, vanilla, blueberry, raspberry, peach or prune flavors	lemon, lime, orange, chocolate or mocha flavors, as well as yogurts that use aspartame or other artificial sugars



Looking for a portable list of foods? Released in February 2012, the “ICN Food List” application for smart phones is now available for download for both iTunes and the iPad in the App Store! Perfect for use while shopping or eating out at restaurants. Just 99 cents!

From Our Mail Order Center - icsales.com

100% of the proceeds are dedicated to our IC outreach and educational services

Books:

The 2012 Guide to the IC Diet - ICN

A Taste of the Good Life: A Cookbook for the IC Diet - Bev Laumann

Confident Choices: Customizing the IC Diet - Julie Beyer RD

Confident Choices: A Cookbook for IC & OAB - Julie Beyer RD

The Happy Bladder Cookbook - Mia Eliot

The Happy Bladder Christmas Cookbook - Mia Eliot

Coaching Services

Do you have a questions about IC and diet? The ICN offers personal coaching services with both Julie Beyer RD and Jill Osborne. \$45 per 30 minute session. Sign up at: <http://www.icsales.com/icn-personal-coaching/> or by calling (707)538-9442.

Acid Reducers: Prielief

Low Acid Coffees:

Simpatico - Dark Roast Regular, Espresso (Decaf & Regular)

Puroast - Guatemalan, Columbia, House Blend, French Roast, Vanilla, Hazelnut

Euromild - Regular, Decaf

Tyler's Acid Free - Decaf

Toddy Cold Brew Coffee Maker

Herbal Coffees: Pero, Cafix, Kaffree Roma

Herbal Teas:

Yogi - Chamomile, Peppermint & Licorice Mint

Celestial Seasonings - Tummy Mint, Roastaroma

Davidson's - Caramel Peach, Carob Mint, Coconut Vanilla, Cherries

Jubilee, French Vanilla, Raspberry Cream Caramel, Vanilla Cream Spice

Flavored Waters & Syrups

Hint Essence Water - Blackberry, Pear, Watermelon

Metromint - Peppermint

Flavorganics - Caramel, Vanilla, Raspberry

Nut Butters:

Zinke Orchards - Crunchy Almond Butter

Blue Diamond - Homestyle Almond Butter with Honey

Fruit Products:

Knudsen's - Organic Pear Juice

Colorado Mtn Low Acid Jams - Pear, Apple Pie, Blueberry, Peach

Gorge Delights Just Fruit Bars - Pear, Pear-Blueberry

Baking Mixes:

Dr. Oetker's Muffins - Carrot, Oatmeal, Apple Cinnamon, Cornmeal

Dr. Oetker's Cake Mixes - Vanilla Cake, Vanilla Icing

Dr. Oetker's Cookies - Oatmeal

Bob's Red Mill Muffins - Apple Bran

Bob's Red Mill Pancakes - Cornmeal, 7 Grain, Buttermilk

Infused Olive Oils: Annie's Natural - Basic, Garlic

Benissimo - Mediterranean Garlic

Candy:

Nune's Farms - Almond Caramel Chews

Honey Essence - Carob English Toffee, Pecan Honeymoons

Godiva - White Chocolate Pearls

Green & Blacks - Organic White Chocolate Bars

Dollie's - Almond Bars, Babettes, Krunch Bars, Peppermint, Turtles

Sunspire - Unsweetened carob chips, white chocolate chips

Bob's Red Mill - Carob Powder

Fiber: Heathers Tummy - Acacia Fiber

Protein Powder: Deb-EI - Just Whites Dried Egg Whites

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