



Overactive Bladder Diet

Better Quality

Certain foods and drinks can irritate your bladder or urinary tract. If you have OAB this can increase your symptoms that are already bothersome. Learning about these triggers can provide a natural and independent way to work on your symptoms.

Foods high in fiber help prevent constipation, which helps to optimize bladder function.

Limit Irritants

Limit the 4 C's

Caffeine

- coffee, tea, soda, energy drinks

Carbodate drinks

Citrus

Chocolate

Other Irritants

- Spicy foods
- Artificial sugars
- Alcohol



This is not a one size fits all situation. What impacts one person may not have the same impact on you. Keep a food diary to identify your triggers.

Limiting bladder irritants does not have to be an all or nothing approach. You may find that you can tolerate certain foods in small quantities or on occasion.

Good Choices

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|------------|---------------|----------|
| Fruits | •Blackberries | •Bananas |
| | •Strawberries | •Apples |
| | •Watermelon | •Grapes |
| Vegetables | •Broccoli | •Lettuce |
| | •Cucumbers | •Peppers |
| | •Carrots | •Celery |
| High fiber | •Beans | •Prunes |
| | •Brown rice | •Apples |
| | •Almonds | •Peas |
| Proteins | •Fish | •Tofu |
| | •Chicken | •Turkey |
| | •Eggs | |