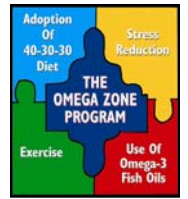


INTERSTITIAL CYSTITIS DIETARY RECOMMENDATIONS



FRUITS



Blueberries



Melons



Pears



AVOID

VEGETABLES



Asparagus



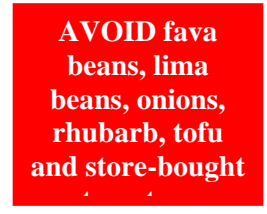
Home Grown
Tomatoes



Broccoli



Vegetables to Try



AVOID

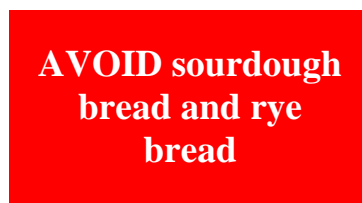
GRAINS AND STARCHS



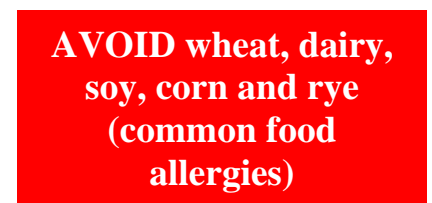
Potatoes



Brown Rice



AVOID



AVOID
(common food allergies)

LEAN PROTEIN



Turkey



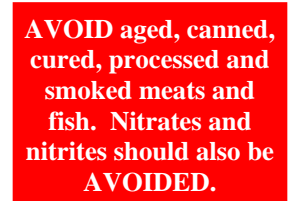
Chicken



Wild Salmon



Range-fed Beef



AVOID

This list represents foods that have been known to irritate peoples' bladders, but may NOT irritate your bladder. Many IC patients have an allergic component to the foods that they are eating; therefore determining which foods are responsible for your condition will be very important to your treatment.

FATS



Un-roasted Almonds



Avocados



Olives

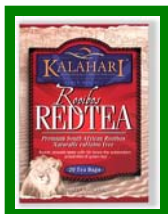


Extra Virgin First Cold Pressed Olive Oil

AVOID all forms of trans-fats (margarine, non-dairy creamer, Cool Whip®, shortening, vegetable oil and all foods with “partially hydrogenated oils. Avoid other nuts.

AVOID

BEVERAGES



Red Tea



Decaffeinated, acid-free coffee



Purified Water (non-carbonated)

AVOID alcoholic beverages (including beer and wine), carbonated drinks, sodas, coffee, tea and fruit juice. (especially citrus or cranberry juice)

AVOID

GENERAL ITEMS TO AVOID



Aspartame and other artificial sweeteners



Mayonnaise



Ketchup & mustard



Vinegars

Avoid citric acid, monosodium glutamate (MSG), preservatives and artificial ingredients and colors

AVOID



Pseudoephedrine (some cold remedies)

Many interstitial cystitis (IC) patients find that diet modification helps to control symptoms and avoid flare-ups. Anecdotal evidence collected by doctors and the Interstitial Cystitis Association (ICA) reveals that determining which foods and beverages may act as triggers is an individual matter. Many IC patients report that modifying their diet is an effective form of treatment and believe that it is worth the effort.

If you would like to schedule an appointment with one of our nutritionists, we would be happy to work with you and your physician to develop an individual and personal program to augment your treatment of interstitial cystitis.

- Medical Nutritional Consultations by Appointment
- Interstitial Cystitis
- Smoking Cessation
- Weight Management

- Polycystic Ovarian Syndrome
- High Blood Pressure
- High Cholesterol
- Diabetes

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