

# The IC-Smart Diet\*

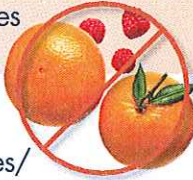
Many people with interstitial cystitis (IC) find that changes in their diet can help to control IC symptoms and avoid IC flare-ups. Typically, avoiding foods high in acid and potassium—as well as beverages containing caffeine and alcohol—is a good idea. This helpful guide can help you make “IC-Smart” meal choices. Keep it handy for easy reference when dining out or when preparing meals at home.

## Fruits

**IC Friendly:** Bananas; blueberries; honeydew melons, watermelons; raisins; Gala, Fuji, and Pink Lady apples; pumpkins; and pears



**Avoid:** Grapefruit, lemons, oranges, pineapples, kiwis, sour or tart apples (Granny Smith) and nectarines, tart or bitter grapes, cranberries, sour strawberries in large quantities, and sour cherries



## Vegetables

**IC Friendly:** Potatoes, sweet potatoes/yams, most beans, bell peppers, broccoli, carrots, cauliflower, celery, lettuce, mushrooms, peas, radishes, squash, asparagus, and zucchini

**Avoid:** Raw onions, hot chili peppers, pickles, sauerkraut, tomato products, and edamame and roasted soybeans



## Milk/Dairy

**IC Friendly:** Milk; and American, cottage, mozzarella, mild cheddar, feta, ricotta, and string cheeses



**Avoid:** Yogurt (lemon, lime, orange, chocolate, mocha, or artificial sugars), processed and heavily spiced cheeses, and chocolate ice cream



## Carbohydrates/Grains

**IC Friendly:** Wheat, rice, and corn pastas; quinoa, oats, buckwheat, matzo, polenta, grits, couscous, millet, spelt, and breads (except those listed below)

**Avoid:** Heavily processed or fortified breads and pastas; heavily preserved, sweetened, flavored and chocolate cereals; and soy flour



## Meats/Fish

**IC Friendly:** Chicken, turkey, beef, pork, lamb, shrimp, tuna, salmon, and deli meats (gluten and color free)



**Avoid:** Aged, canned, cured, processed, prepackaged, or smoked meats/fish; and deli meats (heavily spiced, salted, or flavored; ie, salami)



## Nuts/Oils

**IC Friendly:** Almonds, cashews, peanuts, and most oils



**Avoid:** Filberts, hazelnuts, pecans, and pistachios



## Beverages

**IC Friendly:** Water; whole, low-fat, nonfat, lactaid, rice, goat, and almond milk; blueberry and pear juice; vanilla, coconut, and caramel milk shakes; and chamomile, peppermint, and herbal teas



**Avoid:** Alcoholic beverages, including beer and wine; carbonated drinks, such as soda; coffee and tea; citrus (grapefruit, orange), tomato, acai, and cranberry juices; and chocolate, coffee, and mocha milk shakes



## Seasonings

**IC Friendly:** Garlic and other seasonings (except those listed below)



**Avoid:** Ketchup, spicy mustard, miso, soy sauce, vinegar, cayenne, hot curry powder, horseradish, and spicy foods (especially Mexican, Indian, and Thai foods)



## Food Additives

**Avoid:** Ascorbic acid; monosodium glutamate (MSG); aspartame (NutraSweet®†); saccharin; and foods containing preservatives, artificial ingredients/colors

\*This is not an all-inclusive list of foods and beverages that are IC friendly or should be avoided.

†NutraSweet is a registered trademark of NutraSweet Property Holdings, Inc.

# Dining Out: The IC-Smart Way

## Plan ahead

Before making plans to eat at a restaurant, it's a good idea to check online or call ahead to ask about the menu. This will enable you to enjoy your meal and feel good afterward, too!

## When ordering your meal

- Ask questions
  - Ask your waiter what spices are used in particular dishes
  - If you are unsure of an ingredient, ask what it is
- Modify your selection
  - It's your meal—don't be afraid to specify how you would like it prepared
  - When ordering a salad, tell the waiter **no** onions
  - Substitute a plain baked potato for a spicy rice combination
  - Ask for salad dressings and other possible "trigger" items to be served "on the side"
- Be careful with spicy foods
  - Pay attention to the type of cuisine you eat. Different cuisines may contain spices that you may be unfamiliar with
- Know your "IC-Smart" menu choices
  - Most restaurants offer plain (not marinated) steak and chicken
  - Some chain restaurant foods may contain preservatives