

## DIETARY SUGGESTIONS FOR INTERSTITIAL CYSTITIS PATIENTS

### ACID FOODS TO BE AVOIDED

All alcoholic beverages (except Late Harvest, Johannesburg Reislings, French Sauternes (not American), Barsac, Tokay, Essensia)  
Apples  
Apple Juice  
Cantaloupe  
Carbonated Beverages  
Cherries  
Chilies, spicy foods with cumin or ginger  
Hungarian Hot Paprika  
Chutney  
Curry  
Citrus Fruits  
Coffee (except no acid)  
Cranberries  
Grapes  
Guava  
Lemon Juice  
Papaya  
Peaches  
Pickles  
Watermelon Rind  
Persimmons  
Pineapple  
Plums  
Rhubarb  
Pomegranate  
Strawberries  
Tea (except sun tea)  
Tomatoes (except Ace VF55 or Creole)  
Vinegar

### FOOD HIGH IN TYROSINE, TYRAMINE, TRYPTOPHAN ASPARTATE TO BE AVOIDED

Avocados  
Bananas  
Beer  
Brewer's Yeast  
Canned Figs  
Champagne  
Cheeses (except Velveeta, Ricotta Mozzarella, Cream Cheese, String Cheese, Cottage Cheese)  
Chicken Livers  
Chocolate (except Carob or White)  
Corned Beef  
Eggplant  
Fava Beans  
Lima Beans  
Mayonnaise  
NutraSweet  
Nuts (except Pine Nuts)  
Onions (expect Shallots & Green onions)  
Pickled Herring  
Prunes  
Raisins  
Rye Bread  
Saccharin  
Sour Cream (except imitation)  
Soy Sauce  
Worcheshire Sauce  
Wines (except those listed)  
Yogurt (except frozen yogurt)  
Vitamins buffered with aspartate

### SUBSTITUTES FOR "FORBIDDEN FRUITS"

1. You may eat small amounts of cooked onions. Raw onions are not allowed. Green onions and shallots may be used.
2. You may use alcohol or wines in sauces as long as they are reduced (i.e., boiled down so that the volatile element in alcohol are removed).
3. You may substitute white chocolate or carob for chocolate so long as they contain no cocoa solids and, therefore, cannot technically be called chocolate.
4. You may use the zest of oranges or limes (a little scraping of the peel) for flavor. Do not use the white part, which will be bitter.
5. You may substitute processed cheeses for aged cheeses.
6. To make tea, dunk the bag in water only four times quickly. Do not steep the tealeaves. Sun tea can be made by setting the tea bags in a jar of cold water and letting the sun warm the liquid for a few hours.
7. You may drink coffee that has the acid removed. Not all decafs are no acid. Check wit your coffee supplier for acid levels. Kava and Rombouta are two brands of no acid coffee found in stores. You can also by a Toddy Maker, a device that uses cold water to extract the coffee flavor form beans without the acid.
8. You will notice in the recipes that some "forbidden fruits" are used. There is a difference between eating certain elements fresh and cooked so pay attention to the preparation of food.
9. Minute Maid has released a reduced acid orange juice, which has passed our test panel. Use this as a substitute for oranges.