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
- Worcestershire 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 tea leaves. 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 with your coffee supplier for acid levels. Kava and Rombouta are two brands of no acid coffee found in stores. You can also use 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.