

## **Diet Modifications for Chronic Pelvic Pain/Interstitial Cystitis**

### **Acidic Foods to Avoid:**

- Alcoholic beverages
- Apples
- Apple juice
- Apple sauce
- Cantaloupe
- Carbonated beverages
- Chilies
- Citrus fruits
- Coffee
- Cranberries
- Grapes
- Guava
- Peaches
- Pineapples
- Plums
- Strawberries
- Tea
- Tomatoes
- Vinegar

### **Foods High in Tyrosine, Tyramine, Tryptophan, and Aspartate to Avoid:**

- Anchovies and smoked fish
  - Avocados
  - Bananas
  - Beer
  - Brewer's yeast
  - Canned figs
  - Champagne
  - Cheese (aged)
  - Chicken liver
  - Chocolate (dark)
  - Corned beef or processed meats
  - Cranberries
  - Fava beans
  - Lima beans
  - Mayonnaise
  - NutraSweet (aspartame)
  - Nuts
  - Onions
  - Pickled herring
  - Pineapple
  - Prunes
  - Raisins
  - Rye bread and sourdough bread
  - Saccharine
  - Sour cream
  - Soy sauce
  - Tofu
  - Wine
  - Yogurt
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