## 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