

## Lower Urinary Tract Irritant List

### General Urology Clinic

#### Fluid:

- Alcoholic beverages
- Carbonated beverages-especially dark sodas
- Caffeinated beverages
- Citrus juices
- Coffee (even decaffeinated), and tea (black and green)

#### Foods:

- Citrus fruits
- Tomatoes and tomato based products
- Spicy foods/chili peppers
- Sugars
- Honey/corn syrup
- Chocolate
- Artificial sweeteners (especially NutraSweet)
- Some fruit (apples, cantaloupe, strawberries, cranberries, grapes, peaches, pineapple, plums)
- Onions
- Vinegar
- Aged and fermented foods
- Highly acidic food

#### Other Factors:

- Smoking
- Inadequate water intake
- Constipation