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**\*List of Common Bladder Irritants\***

Apples and Apple Juice

Cantaloup

Carbonated beverages

Chili and spicy foods

Chocolate

Citrus fruit

Coffee (including decaffeinated)

Cranberries and cranberry juice Grapes

Guava

Milk Products: milk, cheese, cottage cheese, yogurt, ice cream Peaches

Pineapple, Plums, Strawberries

Sugar especially artificial sweeteners, saccharin, aspartame, corn sweeteners, honey, fructose,

sucrose, lactose Tea

Tomatoes and tomato juice Vitamin B Complex Vinegar