

Appendix B

Foods that are gentle for IC sufferers:

Almonds

Apple, small

Blueberries

Carob

Cashews

Cheeses, mild (non-aged)

Chocolate, white

Coffee (non-acidic)

Extracts

French sauternes

Garlic

Green tea

Imitation sour cream

Onions

Peanuts

Pears

Pine nuts

Potatoes

Shallots

Spring water

Yellow tomatoes (low in acid)

Zest of orange or limes

Appendix C

Foods that are bad for IC sufferers:

All alcoholic beverages

Apple juice

Avocados

Beer

Bananas

Brewer's yeast

Canned figs

Cantaloupes

Carbonated beverages

Champagne

Cheeses, aged

Chicken livers

Chile/Spicy Foods

Chives

Chocolate, dark

Citrus fruits

Coffee (acidic)

Corned beef

Cranberries

Fava beans

Grapes

Guava

Lemon juice

Lentils

Lima beans

Mayonnaise

NutraSweet (and ALL synthetic/artificial sweeteners)

Oranges

Peaches