

The IC Diet: A list of problem foods

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Listed below are the most common foods that thousands of IC patients have reported to trigger their IC symptoms. It is important to individualize this list using an elimination diet.

Points to remember:

- Most IC patients are able to eat a few of the foods listed as "problematic."
- Occasionally, patients must avoid some foods listed as "okay."
- Food may have different affects on people in raw and cooked forms.
- IC patients may experience different symptoms from food at various stages of the disease.
- After treatment, many IC patients find that they can add back some foods in small quantities.

Remember, this list is only a rough guide. Be prepared to be creative with your meals and in your kitchen!

	USUALLY OK	MAY BE OK	USUALLY PROBLEMATIC
Beverages	chamomile tea Evian® water Gerber® pear juice milk mint tea	alfalfa tea bottled water coffee substitutes low acid decaf coffee low acid juices gin rice milk root beer w/ ice rum tap water vodka	beer carbonated water chocolate milk citrus juices cranberry juice herb teas w/rose hips most fruit juices regular coffee sodas soy milk tea wines
Grain Products	buckwheat corn bread couscous matzo millet oat bread pasta pitas potato bread quinoa rice spelt white bread	amaranth grits oatmeal rye bread sourdough bread some graham crackers w/o problem ingredients whole wheat bread	bread or cereal w/ preservatives soy flour

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Fats and Nuts	butter canola oil coconut w/o preservatives coconut oil corn oil margarine olive oil peanut oil safflower oil sesame oil shortening soy oil	almonds cashews tahini sunflower seeds	filberts hazelnuts macadamia nuts mayonnaise most salad dressings peanuts pecans pistachio nuts English and black walnuts
Soups	homemade soups from ok meats and vegetables	Health Valley® chicken broth some canned soups w/o problem ingredients	bouillon cubes bouillon powder most packaged and canned soups
Meat, Fish and Poultry	beef chicken eggs fish lamb liver (beef or chicken) pork shellfish shrimp turkey veal	anchovies bacon Canadian bacon caviar corned beef liverwurst prosciutto some sausages w/o problem ingredients	bologna ham hot dogs most sausage pepperoni salami smoked fish
Cheeses and Other Dairy	cream cheese cottage cheese feta mozzarella ricotta string cheeses whipped cream vanilla ice cream	buttermilk canned Parmesan Cool Whip® Monterey jack some sherbets some frozen yogurt Rice Dream®	aged cheeses blue cheese brie brick parmesan camembert cheddar edam emmenthaler gruyere hard jack roquefort sorbet soy milk soy cheese sour cream stilton swiss yogurt

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Vegetables and Dried Beans	broccoli brussel sprouts cabbage carrots cauliflower chives collard greens corn cucumber kale lentils lettuce mustard greens mushrooms most dried beans okra parsley peas potatoes pumpkin radishes snow peas split peas summer squash turnips winter squash yams zucchini	avocado beets chicory cooked bulb onions cooked leeks dandelion greens eggplant low-acid tomatoes purslane raw green onions rhubarb rutabagas swiss chard spinach turnip greens watercress	chili peppers fava beans lima beans pickles raw bulb onions sauerkraut soy beans (edamame) tomato tomato sauces tomato juice tofu
Fruits	dates w/o preservatives coconut w/o preservatives pears	bananas blueberries brown raisins cherimoya citrus peels crenshaw melon dried currants Gala apples honeydew mango (small amt) maraschino cherries rhubarb watermelon	apricots all citrus fruit cantaloupe cherries dried fruit w/o preservatives peaches most plums most dried figs golden raisins grapes guava kiwi fruit most berries passion fruit papaya persimmon pineapple star fruit

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Desserts and Sweets	brown sugar carob carrot cake crème brule custards divinity homemade pound cake homemade white and yellow cakes homemade vanilla frosting homemade caramel frosting honey licorice maple syrup pear pastries sugar sugar cookies tapioca vanilla ice cream vanilla pudding	banana bread blueberry pastries caramel candies peppermint ice cream plain pastries w/ almonds plain cheesecakes some frozen yogurt some hard candies w/o acids some popsicles Splenda® (sucralose) stevia white chocolate	acesulfame K aspartame catsup chocolate coffee ice cream desserts w/ problem nuts mustard pastries w/ problem fruits pecan pie sorbets store-bought fruitcakes mincemeat pie Nutrasweet® saccharine
Seasonings and Additives	allspice almond extract anise basil caraway seed coriander dill fennel garlic mace marjoram oregano poppy seed rosemary sage salt thyme tarragon vanilla extract	black pepper celery seed cilantro cinnamon cumin (small amt) dried parsley dried chervil ginger lemon extract malt powder nutmeg onion powder orange extract turmeric	ascorbic acid autolyzed yeast BHA and BHT benzoates caffeine cayenne cloves chili powder citric acid hot curry powder hydrolyzed protein meat tenderizers miso oleoresin paprika paprika red pepper soy sauce tamari vinegar Worcestershire sauce MSG (monosodium glutamate) metabisulfites sulfites