



Anti-Inflammatory Food Chart for Interstitial Cystitis

Category	Eat more (Anti-Inflammatory)	Eat less (Pro-Inflammatory)
Vegetables	<p>Try to eat a variety of raw, steamed or oven-roasted.</p> <p>Non-starchy – broccoli, bok choy, zucchini, spaghetti squash, green beans, cauliflower, cucumbers, lettuce, spinach, arugula, celery, carrots, Brussels sprouts, jicama, water chestnuts, artichokes, herbs (basil, rosemary, oregano, parsley, etc.), cabbage, radishes.</p> <p>Starchy – winter squash (butternut, acorn, pumpkin), Jerusalem artichokes, yams, sweet potatoes, beets, parsnips</p>	<p>Watch out for the nightshade family especially if you experience arthritis or joint pain! These include potatoes, eggplant, bell peppers (all colors), tomatoes and hot peppers. Tomatoes and hot peppers are also common IC triggers.</p>
Fruit	<p>Most fruits are anti-inflammatory, but you need to be careful with fruit, as most of it will be too acidic for an IC bladder at least in the beginning. Start off with trying pears, blueberries and lower-acid apples such as Fuji and Gala. It may take some time before you can re-introduce other fruit, such as cherries, raspberries, strawberries, watermelon, papaya, mango, peaches, etc.</p>	<p>Citrus fruits should be avoided or used in small amounts (i.e. a dash of lemon as part of a salad dressing or a bit of lemon squeezed into water), dried fruits often contain preservatives and grapes are usually problematic. Even though most fruits are anti-inflammatory and healthy for most individuals, those with IC need to heed extra caution due to bladder irritation.</p>

Grains	Choose gluten-free grains as much as possible, as wheat and gluten can be inflammatory. Good choices include brown rice, occasional white rice, millet, amaranth, teff, buckwheat and quinoa. Bread and pasta products are processed and therefore not as nutritional, but occasional gluten-free pasta and bread is okay. Look for brands that do not include preservatives, sugar, artificial colors or flavors.	Avoid or limit gluten-containing grains, such as wheat, barley, rye, spelt and kamut. Oats are usually contaminated with gluten, but may be okay for some people. Be careful with corn as it is a common allergen and highly genetically modified.
Animal Protein	Fresh, wild-caught, cold-water fish have a lot of omega-3 fatty acids, which have powerful anti-inflammatory properties. Salmon, sardines, trout, sole and cod are great. Canned salmon and sardines are okay, but look for options with a BPA free lining and make sure they are wild-caught. For salmon, Alaskan is best. Choose free-range and organic turkey or chicken and grass-fed lamb and beef. These animals eat a natural diet and are not fed genetically modified grains. Eggs from free-range, organic chickens are good sources of protein, vitamins and minerals. They can be highly allergenic so be careful. Duck eggs may be tolerated better.	Grain-feed beef, lamb and pork are inflammatory and should be avoided. Processed meats, like bacon, cured hams and luncheon meats usually contain preservatives, such as nitrates and nitrites and sometimes gluten. Shellfish is a common allergen and usually contains preservatives.
Dairy	If you can find raw (unpasteurized) grass-fed organic yoghurt or kefir, it is worth a try due to high beneficial bacteria content. Goat's milk products might be better tolerated.	All cow's milk products, such as milk, cream, yoghurt and cheese are inflammatory.

<p>Legumes and Soy</p>	<p>Soaked and sprouted beans, lentils and peas are anti-inflammatory.</p> <p>Tempeh and other fermented soy products like miso and tamari may be tolerated in small amounts.</p>	<p>Properly cooked dried beans, peas and lentils are okay in small amounts. Those sensitive to oxalates have to be especially careful. They are difficult to digest for many and can therefore lead to inflammation in the gut.</p> <p>Non-fermented soy products should be avoided as much as possible. They can disrupt hormone balance, which can play a role in IC. They are also difficult on the digestive tract.</p>
<p>Nuts, Seeds, Fats, Oils</p>	<p>Buy nuts and seeds in a raw and unprocessed state. Walnuts, pumpkin seeds, flaxseeds, Sachi inchi seeds and chia seeds are especially high in the anti-inflammatory omega-3 fats. The following oils should be used in their raw state and not heated because they are easily damaged by heat and light: extra-virgin olive oil, pumpkin seed oil, flaxseed oil and walnut oil.</p> <p>Coconut oil is great for cooking and can be consumed raw as well. Look for cold-pressed and extra-virgin.</p> <p>Nut butters are okay for use in moderation and raw versions are best.</p> <p>Organic butter or ghee from grass-fed cows is okay are okay in moderation. Ghee can be good for higher heat cooking.</p>	<p>Peanuts and peanut butter. Contain alfatoxin, a mould and are a common allergen. Nuts, seeds and their oils that are high in omega 6 fatty acids can be healthy in moderation, but be careful not to over-consume them. These include almonds, sesame seeds and oil, sunflower seeds and oil and safflower oil. Soy, canola and corn oil should be avoided completely. They are high in omega-6 fatty acids and are genetically modified, unless certified organic.</p> <p>Avoid hydrogenated fats, partially hydrogenated fats, trans fats and any rancid fats. These include margarine, shortening, fried foods and processed foods, such as packaged baked goods, cakes, crackers and cookies.</p>

Seasonings/Spices	Turmeric, ginger and kelp are especially anti-inflammatory. Other safe options include oregano, basil, rosemary, thyme, dill, tarragon, coriander and sea salt. Fresh garlic is a nutritional powerhouse and should be included if it is tolerated by your bladder.	Black pepper, cayenne pepper, paprika and other hot peppers should be avoided.
Beverages	Spring or filtered water, unsweetened hemp, almond or rice milk and most herbal teas (watch for bladder reactions).	Coffee, black tea, alcohol, carbonated beverages and any beverages mentioned in week one that are likely to cause an IC flare.
Sweeteners	Try small amounts of raw honey, maple syrup, brown rice syrup or stevia.	Refined sugar is highly inflammatory, including brown sugar. Also avoid can sugar and cane juice, agave, corn sweeteners and high-fructose corn syrup. See week 1 for a list of artificial sweeteners that should be avoided.