




## IC and Chronic Prostatitis Diet

	Usually OK	May Be Okay	Usually Problematic
 Beverages	chamomile herb tea peppermint herb tea Evian® water pear juice pure blueberry Juice milk	alfalfa tea bottled water herbal coffees lowacid decaf coffee low acid baby juices gin rice milk root beer w/ ice rum tap water vodka	beer carbonated H2O chocolate milk citrus juices cranberry juice herb tea blends green teas most fruit juices regular coffee decaf coffee sodas soy milk tea wines
 Grain Products	buckwheat corn bread couscous matzo millet oat bread oatmeal pasta pitas potato bread quinoa rice spelt white bread	amaranth grits rye bread sourdoughbread some graham crackers w/o problem ingredients whole wheat bread	bread or cereal w/ preservatives soy flour
 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 almond butter 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	Some canned soups w/o problem ingredients	bouillion cubes bouillion powder most packaged and canned soups

Soups			
 <p>Meat, Fish and Poultry</p>	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
 <p>Cheeses and Other Dairy</p>	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
 <p>Vegetables and Dried Beans</p>	broccoli brussels 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	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 black beans fava beans lima beans pickles raw bulb onions sauerkraut soy beans (edamame) tomato tomato sauces tomato juice tofu

	<p>turnips winter squash yams zucchini</p>		
 <p>Fruits</p>	<p>dates w/o preservatives coconut w/o preservatives pears - pear pear bars - pear blueberry bars</p>	<p>apples (mild, sweet such as Gala or Fuji) bananas blueberries brown raisins cherimoya citrus peels crenshaw melon dried currants Gala apples honeydew mango (small amt) maraschino cherries rhubarb watermelon - cinnamon pear jelly - cinnamon pear maple syrup - blueberry preserves</p>	<p>apricots all citrus fruit cantaloupe cherries dried fruit w/ preservatives peaches most plums most dried figs golden raisins grapes guava kiwi fruit most berries passion fruit papaya persimmon pineapple starfruit</p>