Eating and drinking for a healthy bladder

Food and drinks that can irritate the bladder



Tea and coffee



Green tea



Tomatoes



Fizzy drinks



Hot chocolate



Acidic fruits

Drinks that don't irritate the bladder



Decaffeinated tea



Water



Herbal tea



Diluted fruit juice

Provided by



BUILDING WELL-BEING

Item Date: July 2011 KEN3920