

Food and Drinks That May Irritate Your Child's Urinary Tract

Some food and drinks may bother your child's urinary tract which is part of the body that makes pee. Here are some foods and drinks that can irritate your child's bladder and urinary tract.

Foods and drinks that can irritate the bladder and urinary tract

- Drinks with caffeine (coffee, tea, Coke, Pepsi, Mountain Dew, 5-Hour Energy, Monster, Red Bull)
 - Fizzy (carbonated) drinks (soft drinks, sparkling water)
 - Citrus fruits or juices (oranges, lemons, limes, grapefruit)
 - Acidic fruits or juices (apple, cranberry, guava, pineapple, tomato, peach, strawberry, grape, cantaloupe).
 - **Note:** apricots and apricot juice are OK.
 - Vitamin C (like in multivitamins, Emergen-C)
 - Chilies and spicy foods (hot salsas, hot sauce, curries, chili flakes)
 - Tomato sauces (pizza sauce, spaghetti sauce, salsa)
 - Vinegar and foods with a lot of vinegar (pickles, some salad dressing)
 - Artificial sweeteners like aspartame (NutraSweet, Equal), saccharin (Sweet'N Low). Stevia, sucralose and monk fruit are ok.
 - Chocolate (pudding, candy, syrup, cocoa, ice cream)
 - Processed sandwich meats (salami, bologna)
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Drinks that are good for urinary health

- Ask your child to drink as much water as possible. Your child's pee (urine) should be clear or very pale yellow. Clear or pale-yellow urine helps your child know they are drinking enough water.
 - Milk is a non-acidic drink your child can have.
 - You can also add items to water such as mint or a small slice of strawberry, lemon or lime. This may improve your child's interest in drinking water.
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What else can I do?

- Avoid food and drinks until symptoms resolve. Then, slowly reintroduce in small quantities and monitor your child for symptoms.
 - Use a diary or log to keep track of food and drink choices that make your child's symptoms feel better or worse.
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To Learn More

- Urology
206-987-2509
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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6/23
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