



YOUR BLADDER CARES ABOUT THE FOOD YOU EAT AND DRINK

The food you eat

Most bladders are happiest when you drink water and eat a healthy diet. This helps you have normal bowel movements and normal voiding schedule. A healthy diet includes at least 5 servings of fruits or vegetables per day and between 4-6 cups of water per day depending on how much you weigh.

The fluids you drink

As a general rule the amount you drink is based on your body weight. Fluid intake should be 1 ounce per kilogram. One Kilogram is 2.2 pounds. Here is a small example of fluid intakes based on body weights:

- 30 lbs. 13 ounces or about 2 cups per day
- 40 lbs. 18 ounces or about 2 1/4 cups per day
- 50 lbs. 23 ounces or about 3 cups per day
- 60 lbs. 27 ounces or about 3 1/2 cups per day

Signals that you are not eating or drinking right

- Dark yellow or smelly urine
- Difficulty having a bowel movement such as pushing really hard, (known as constipation)
- Having 3 or less bowel movements in 1 week

Foods your bladder might not like

Sometimes certain foods make your bladder unhappy and irritable. Here's a list of foods that you should not eat or drink as much, or perhaps take away from your diet, to see if your bladder is happier.

- Artificial sweeteners found in sugarless gum and diet drinks
- Caffeinated beverages such as colas and tea
- Carbonated beverages
- Milk
- Chocolate
- Citrus fruits and juices such as oranges and grapefruits
- Spicy foods such as Mexican food
- Tomato based products such as spaghetti sauce
- Any foods or drinks with red or blue dye in them

Foods and drink that are good for your bladder

- Low acid fruits: pears, apricots, papaya, watermelon
- Although water is always the best beverage choice, grape and apple juice are thirst quenchers and are less irritating to the bladder
- Rice or almond milk

Eat healthy and keep your bladder happy!