

DIETARY IRRITANTS (High Oxalates and other known irritants)

It is helpful, even crucial to the effectiveness of the citrate treatment to avoid high oxalate foods.

At this time there is no comprehensive listing of foods and other substances that can trigger the pain response in Vulvodynia patients. Several lists are provided to alert you to some of the more common foods that are problematic.

Individuals with Interstitial Cystitis may need to restrict additional foods.

Some individuals will need to add to these lists of restricted foods other foods that can cause problems. You will need to become aware of the foods and environmental irritants that cause a pain response.

*Tea, reg/decaf/&herbal	Dill	*Spinach
*Coffee, reg.	Eggplant	*Summer squash
*Coffee, decaf	Fruit Cake	*Strawberries
*Cocoa	*Green peppers	*Sweet potatoes
*Most wines	Lima Beans	*Tofu
	Nuts	**Tomatoes in any form
*Beans	*Peanuts/p butter	Vegetable soup
*Beets	*Pepper	Vitamin C (<u>MAY SUPPLEMENT</u>
*Berries	Plums	<u>NO MORE THAN 250 MG/DAY</u>)
*Celery	Prunes	**Vinegar
Chilis/spicy foods	*Rhubarb	Wheat germ
*Chocolate	Soy Sauce	MUSTARD
*Cranberries/juice	*Spices (can use garlic)	

* Foods that are particularly irritating to most people with Vulvodynia

**Not excessively high in oxalate, but commonly aggravate symptoms in our group of patients.