

THE IC DIET:

IS IT A NECESSARY LONG-TERM SOLUTION?

Callie K Nutrition





Agenda

- Introducing me
- How the urinary system works
- How diet plays a role in IC
- Is the IC diet a long-term diet?
- How to identify your diet triggers
- Questions

Hi, I'm Callie!



- Registered Dietitian
 - Specializing in IC
- I'm a lifelong IC Warrior
 - Went from daily pain to nearly symptom-free
- From Allentown, PA
- On Medical Advisory Council of The ICA

My IC journey

Bladder pain since I was a child

Wasn't able to urinate without pain and had no one to relate to as a child

Diagnosed at 18

Diagnosed via cystoscopy and clinical symptoms

Tried many invasive treatments w/ no relief

Hydriodistention, instillations, Botox injections, meds

Revisited the basics and got lasting relief

Elimination diet, therapy, and pelvic floor PT helped me get long-term relief from my pain

Think back to your IC diagnosis...

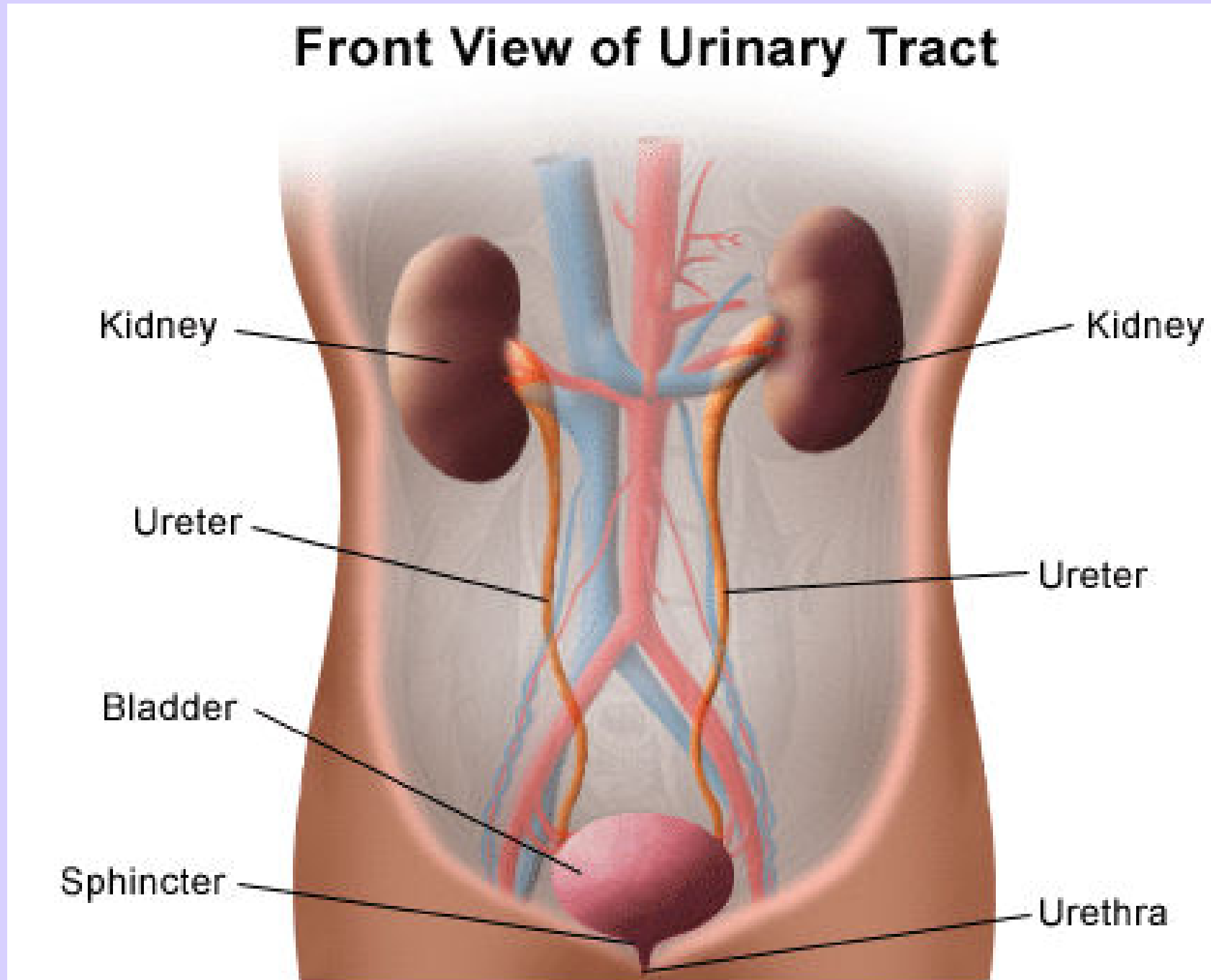
Think back to your IC diagnosis...

- What happened?
- Did your doctor give you an IC diet handout?
- Did they explain what to do with it?

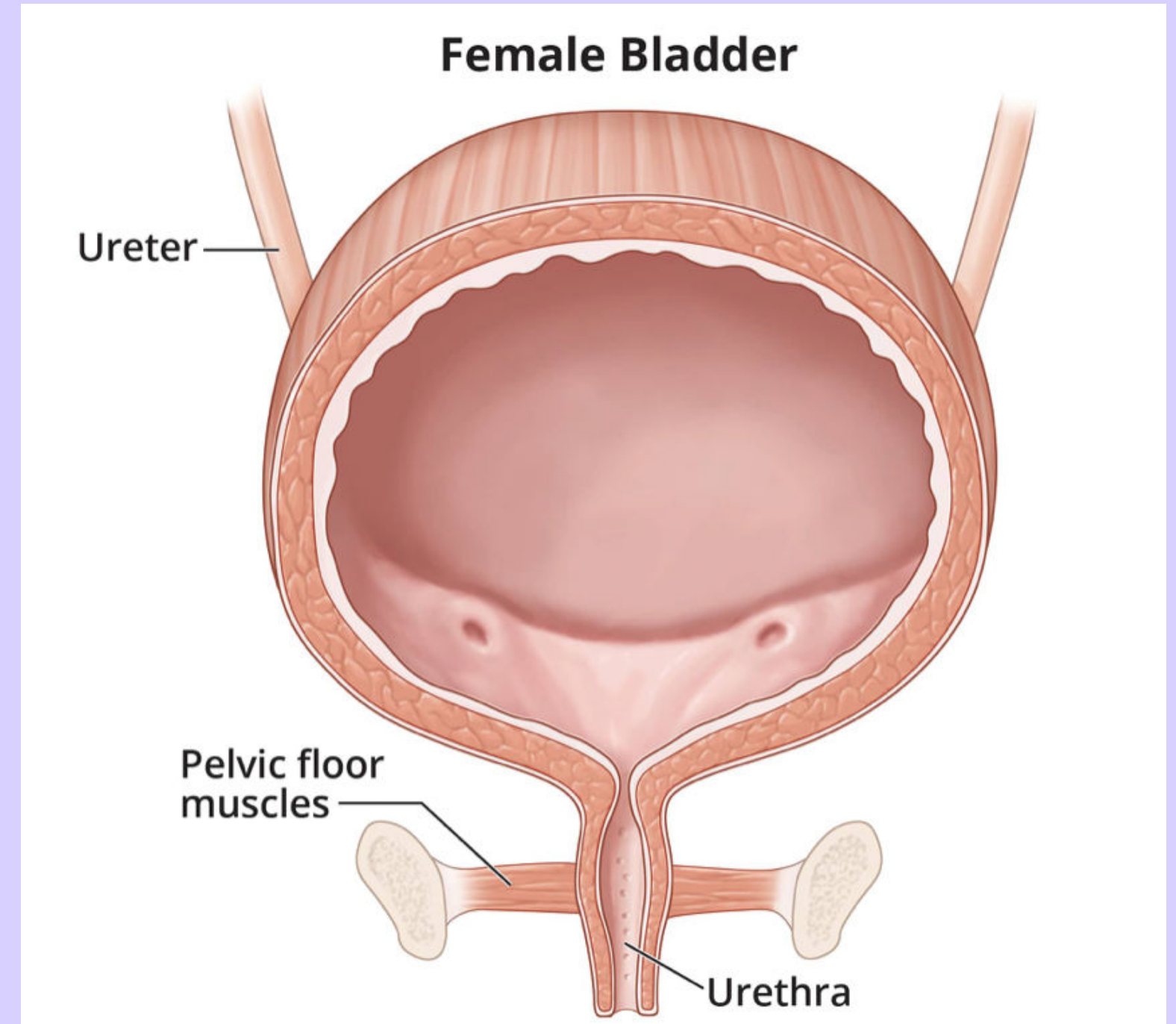
**Before we dive into the specifics of
the IC diet, let's review how your
urinary system works...**

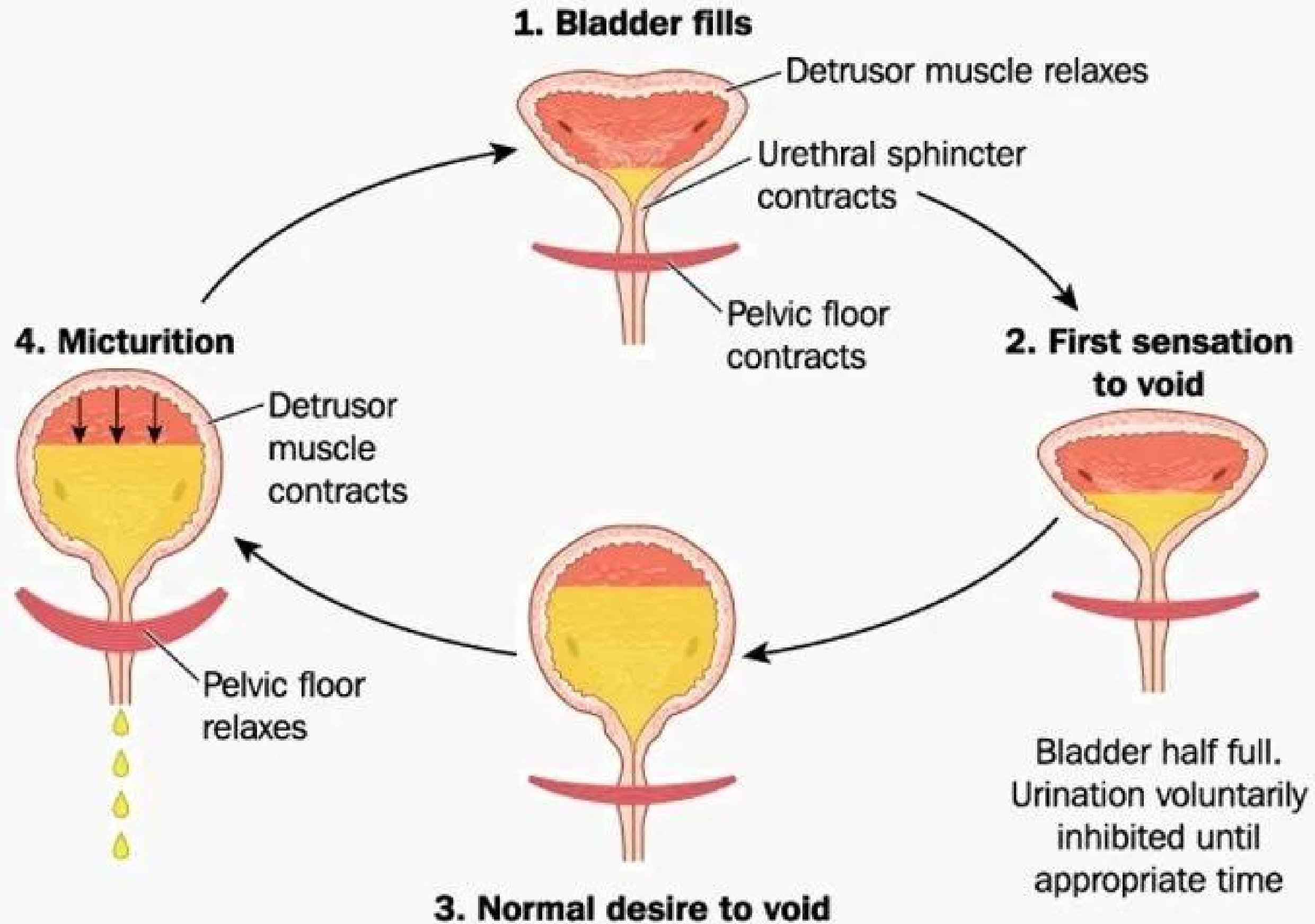
How the urinary system works

Front View of Urinary Tract



Female Bladder





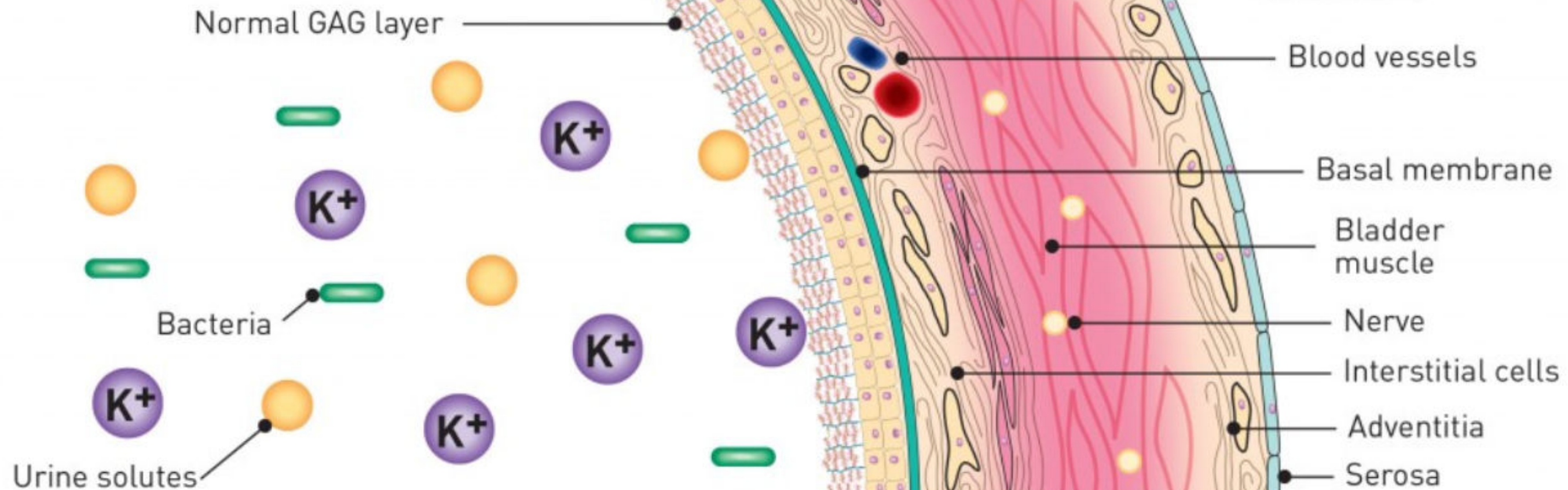
How Food Affects The Bladder (Theories)

1. Irritate the Bladder Wall
2. Inflammation Nerves
3. Provoke Increased Nerve Sensitivity
4. Provoke Organ Cross Talk

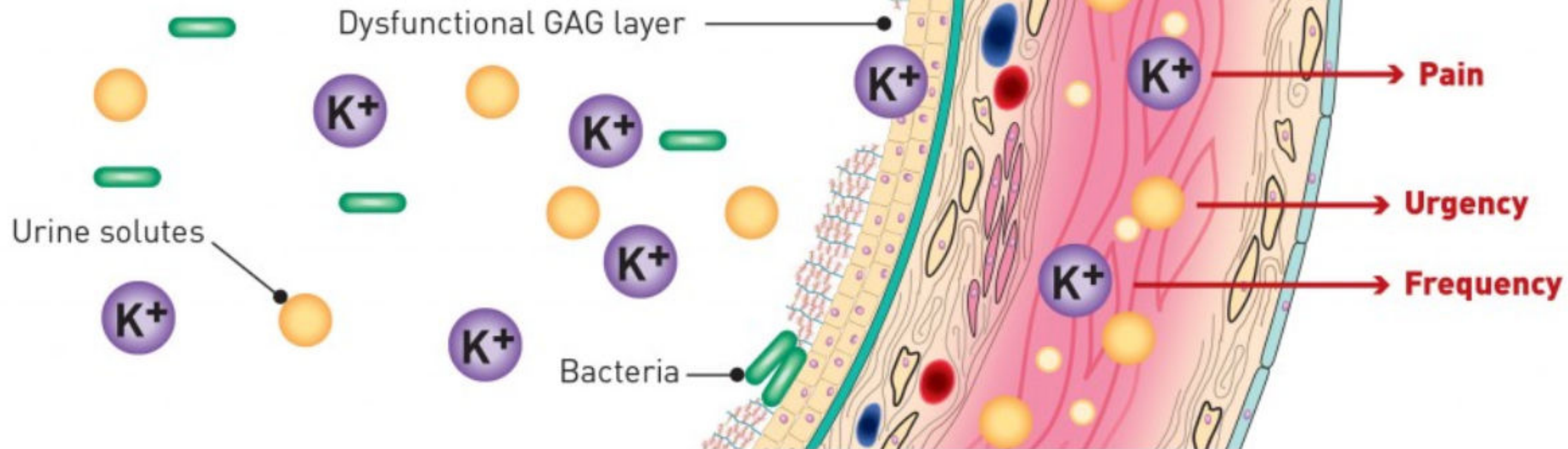


Source: ichelp.org

Normal urothelium



Dysfunctional urothelium



How was the IC diet created?

What does the research say?

- Nearly 90% of patients with IC report sensitivities to a wide variety of diet items
- Questionnaire-based literature suggests that the following items trigger symptoms in IC patients:
 - Citrus fruits, tomatoes, vitamin C, artificial sweeteners, coffee, tea, carbonated and alcoholic beverages, and spicy foods
- Calcium glycerophosphate and sodium bicarbonate tend to improve symptoms

Friedlander, J.I., Shorter, B. and Moldwin, R.M. (2012), Diet and its role in interstitial cystitis/bladder pain syndrome (IC/BPS) and comorbid conditions. *BJU International*, 109: 1584-1591. <https://doi.org/10.1111/j.1464-410X.2011.10860.x>

Pros & Cons of IC diet research

Pros

- Shows that diet can play a role for up to 90% of people with IC
- Gives us a great starting place to identify diet triggers

Cons

- It's nearly impossible to study the relationship of JUST diet and IC
- Many studies with small sample sizes
- Potential for bias in these studies

Most and Least Bothersome Foods (The IC Diet)

Least Bothersome

Fruits

- Apricots
- Bananas
- Blueberries
- Dates
- Melon (honeydew and watermelon)
- Prunes
- Pears
- Raisins

Vegetables

- Avocados
- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Mushrooms
- Peas
- Potatoes (white potatoes, yams, sweet potatoes)
- Radishes

Most Bothersome

Fruits

- Cranberry juice
- Grapefruit and grapefruit juice
- Lemons
- Oranges and orange juice
- Pineapple and pineapple juice
- Strawberries

Vegetables

- Chili peppers
- Pickles
- Sauerkraut
- Tomatoes and tomato products

Protein Foods

- Processed sandwich meats (salami, bologna)
- Soy

Dairy

- Yogurt

Condiments

- Chili
- Horseradish
- Ketchup
- Salad Dressings

- Turnips
- Zucchini

Grains

- Oats
- Rice

Protein Foods

- Beef
- Fish (shrimp, tuna fish and salmon)
- Eggs
- Nuts
- Peanut butter
- Pork
- Poultry (chicken and turkey)
- Lamb

Dairy

- Milk (low-fat and whole)
- Cheeses (mild)

Beverages

- Alcohol
- Coffee (caffeinated and decaffeinated)
- Tea (caffeinated and decaffeinated)
- Carbonated drinks (cola, non-cola, diet, and caffeine-free)

Other Foods

- Chocolate
- Indian food
- Mexican food
- Pizza
- Spicy foods
- Thai food

Additives/Artificial Sweeteners

- Artificial sweeteners (Equal® (sweetener), NutraSweet®, Saccharin, and Sweet'N Low®)
- Monosodium glutamate (MSG)

2012 Interstitial Cystitis Network Food List - Page 3

	Usually Bladder Friendly	Foods Worth Trying	Foods To Avoid
Acacia Fiber	powdered, unflavored		
Acidophilous	acidophilous capsules		
Allspice		ground or grated	
Almond Extract	look for organic, higher quality extracts		
Almonds	unsalted, organic, raw, roasted or almond butter (i e Zinke & Blue Diamond)	lightly seasoned, candied, caramel or carob covered almonds (i e Nunes Farms)	chocolate covered, heavily seasoned with "hot" chili flavoring and spices
Aloe		Desert Harvest Aloe® capsules	aloe beverages containing risky ingredients such as Vitamin C, Maca, Camu
Amaranth		amaranth - grain, cereal	
Anise	ground & pods		
Apples	sweet, mild apples (i e Gala, Fuji, Pink Lady), jam, jelly, pies, tarts, juice	sweet Red or Green Delicious apples	sour or very tart apples (i e Granny Smith)
Applesauce	homemade applesauce made with Gala, Fuji or Pink Lady apples	brand name or baby applesauces may include acids or spices that can irritate the bladder	
Apricots		fresh apricots, jam, jelly, pies, tarts, organic dried apricots	
Artichokes	fresh, steamed & boiled		artichoke hearts marinated in vinegar
Ascorbic Acid		low acid ester C	ascorbic acid
Asparagus	fresh, steamed & boiled		asparagus marinated in vinegar
Autolyzed Yeast			autolyzed yeast
Avocado	fresh, ice cream, mild guacamole		guacamole with strong, hot, chili spices
Bacon	uncured, preservative free turkey or pork bacon	mildly spiced, cured bacon products	heavily cured, preserved, smoked or spiced bacon products
Baking Powder & Soda	double acting or single acting powder, baking soda		
Bananas		fresh banana, bread, fritters, ice cream	chocolate covered, banana chips treated with sulfur
Basil	fresh, flakes, infused olive oil	pesto sauce	
Beans	black eyed peas, garbanzo, lentils, pinto, white, most dried beans	fava, kidney beans, lima beans, black beans	
Beef	fresh or frozen roasts, steaks, ground beef & other cuts	mild corned beef	heavily spiced, preserved or prepackaged products

TRUE OR FALSE?

The IC diet is meant to be followed long-term.

**Here's the thing...diet for IC is NOT
one-size-fits-all...**

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one-size-fits-all...**

We all have different levels of diet
sensitivity (research hasn't proved
otherwise)

Diet sensitivity is a spectrum

**NOT diet-
sensitive**



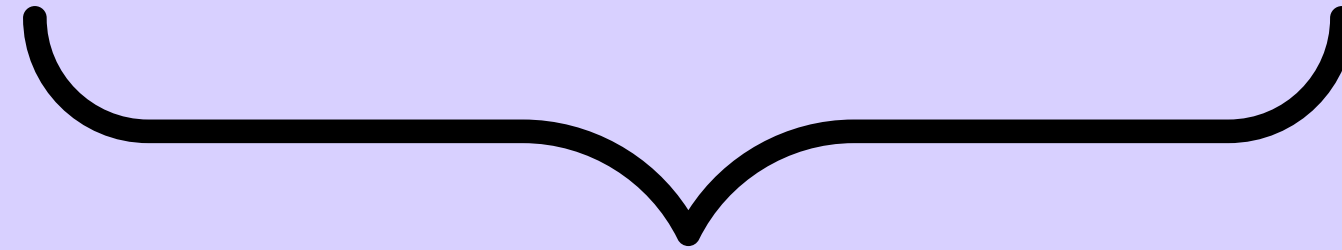
**VERY diet-
sensitive**

Diet sensitivity is a spectrum

**NOT diet-
sensitive**



**VERY diet-
sensitive**



**Most people with IC fall somewhere
in the middle**

**So how do I figure out where I fall
on the spectrum?**

(AKA, how do I figure out if I have diet triggers?)

Elimination Diet

The gold standard for identifying food sensitivities.

A process of eliminating potentially bothersome foods and beverages and then reintroducing them one at a time to test your body's **unique response.**

This process should take 3-6 months to complete if done correctly.

Goals of the elimination diet

- Identify IF you are diet sensitive
- Determine what items you are sensitive to
- What is your body's response to each item?
- Determine if your bladder has a limit on trigger items
- Improve confidence with eating/break through fear

Elimination Diet Protocol

Phase 1

Baseline
1-2 weeks

Phase 2

Elimination
3-4 weeks

Phase 3

Testing
4+ weeks

Elimination Diet Protocol

Phase 1

Baseline

1-2 weeks

- Obtain baseline symptom data BEFORE making any diet changes
 - How are you going to know if food or other trigger affects you if you don't obtain baseline data?
- Track food intake, voiding patterns, pain levels, stress levels, etc.
 - Try pen & paper, track on your computer, or use a mobile app!

Elimination Diet Protocol

Phase 2

Elimination

3-4 weeks

Purpose: To eliminate all potentially bothersome foods and beverages.

How: Eat from the IC diet for 3-4 weeks (remove common irritants)

Why: To give our bladder time to rest and recover from any irritants.

Elimination Diet Protocol

Phase 3

Testing

4+ weeks

- 3 day testing periods
 - Day 1: try a very small (partial) portion
 - Day 2: if no symptoms appear, consume a slightly larger amount
 - Day 3: if again, no flares, test a regular size portion
 - 2-3 day washout period between
 - Just in case of longer symptom onset times

Expert Tip:

- Keep as detailed records as you possibly can
 - Track:
 - Foods
 - Beverages
 - Symptoms
 - Stress
 - Menstrual cycle
 - Exercise
 - Physical intimacy

If you feel overwhelmed with tracking, start small! (*2-3 things*)

FAQ: What about low-oxalate, low-histamine, gluten-free, etc diets?

Summary

- The IC population is very diverse
 - There's no one-size-fits-all approach for diet
- The IC diet isn't meant to be a long-term solution
 - It's meant to GUIDE an elimination diet
 - 3 phases of elimination diet:
 - Baseline
 - Elimination
 - Testing/Reintroduction
- There's a good chance you can eat many of your favorite foods again!



Questions?

Contact:

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