



## HAPPY BLADDER DIET

### Avoid

*Avoid milk and milk products after noon.*

*No Drinks with:*

*carbonation (coke, pepsi, 7up, etc. or diet drinks)*

*artificial colors (kool-aid, Hawaiian Punch, Hi-C)*

*citric acid (orange, lemon grapefruit)*

*Avoid vitamins with artificial colors and/or Vitamin C.*

*No cheese on pizza*

*No after dinner ice cream*

*No coffee, tea (caffeine)*

*No melons, watermelon cantaloupe*

*No heavily sugared foods or candy*

### O.K. to Have

Water

Cranberry Juice

Nectars

Apple Juice  
(without citric acid or artificial additives)

Natural Juices

Follow diet for 2 weeks then gradually reintroduce foods.

Be watchful for wetting again.



*\*This diet helps about 10% of children who wet*