



Interstitial Cystitis Data Base

Patient ID: _____

Reviewer ID: _____

Date: ____ / ____ / ____
month day year

Dietary Habits

If eaten, what effect do the following foods have on your urinary symptoms?

Triggers an onset of my symptoms (1)	Causes my symptoms to worsen (2)	No effect on my symptoms (0)	Causes my symptoms to lessen (3)	Don't know (8)
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Fruits and Juices				
1. Bananas				
2. Blueberries				
3. Cranberries or cranberry juice				
4. Grapefruit or grapefruit juice				
5. Grapes or grape juice				
6. Oranges or orange juice				
7. Peaches/Pears				
8. Pineapples or pineapple juice				
9. Strawberries				
10. Watermelon				
Vegetables				
11. Avocados				
12. Corn				
13. Green beans				
14. Potatoes				
15. Tomatoes				
Dairy Products				
16. Cheddar cheese				
17. Cottage or Ricotta cheese				
18. Milk (whole or skim)				
19. Sour cream				
20. Yogurt				

If eaten, what effect do the following foods have on your urinary symptoms?				
Triggers an onset of my symptoms (1)	Causes my symptoms to worsen (2)	No effect on my symptoms (0)	Causes my symptoms to lessen (3)	Don't know (8)

Beverages				
21. Beer				
22. Champagne				
23. Coffee/tea, with caffeine				
24. Coffee/tea, decaffeinated				
25. Colas with caffeine				
26. Red wine				
27. White wine				
Miscellaneous				
28. Chocolate				
29. Chilies and other spicy foods				
30. Nutrasweet				
31. Saccharin				
32. Soy sauce				
33. Vinegar				
34. Pepper				
35. Garlic				