

# Foods and Drinks That May Irritate Your Child's Urinary Tract

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Some foods and drinks may bother your child's urinary system (urinary tract). Here are some foods and drinks to avoid to support your child's urinary health.

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## Foods and drinks to avoid

- Apple juice
- Drinks with caffeine (coffee, tea, Coke, Pepsi, Mountain Dew)
- Fizzy (carbonated) drinks (soft drinks, sparkling water)
- Chocolate (pudding, candy, syrup, cocoa, ice cream, etc.)
- Citrus fruits or juices (oranges, lemons, limes, grapefruit)
- Other fruits or juices that are acidic (cranberries, guava, pineapple, tomatoes, peaches, strawberries, grapes, cantaloupes, apples)
- Chilies and spicy foods
- Tomato sauces (pizza sauce, spaghetti sauce, salsa, etc.)
- Vitamin C
- Vinegar and foods with a lot of vinegar (pickles)
- Artificial sweeteners (NutraSweet)

## Drinks that are good for urinary health

Ask your child to drink as much water as possible. Your child's pee should be clear or very pale yellow. Clear or very pale yellow urine can help a child to know that they are doing well drinking enough water that day. Some non-acidic drinks that your child can have are milk and apricot juice. You can also add items to water such as lemon, mint, or fresh fruit slices. This may improve your child's interest in drinking water.

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### To Learn More

- Urology  
206-987-2509
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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