

# What to Eat (and Avoid) During a UTI



Along with antibiotics, what you eat and drink during a UTI can help you get better, faster.

**Drink plenty of water:** One of the best measures you can take is to drink plenty of water. Drinking helps flush out the bacteria from a UTI. It is a good idea to drink at least eight standard 8-ounce cups of water each day. Consider drinking water at and between each meal, before bed, and during the night (if awakened to urinate). Be sure to keep well hydrated, especially when engaging in exercise or activities that cause a lot of sweating. The goal is to produce at least two quarts of urine a day, so you should drink more fluid in sweltering weather to make up for fluid lost by sweating. An excellent way to judge whether you're drinking enough fluids is to watch the color of your urine. If your urine is dark and yellow, drink more. It should be pale, almost watery. Urine has more color in the morning when it is most concentrated, but the rest of the time, the less color, the better. Consider the following:

## Foods to eat when you have a UTI:

- **Berries.** Although researchers are still studying their effectiveness, it's believed that eating cranberries, blueberries, and raspberries can help fight off UTIs. They contain the chemical compound proanthocyanidin, which has been shown to prevent infection-causing bacteria from adhering to the lining of the urinary tract.
- **Probiotic-rich foods.** Try incorporating foods like plain Greek yogurt, pickles, and sauerkraut into your diet, since they contain good bacteria that can help combat an infection.
- **High-fiber foods.** Foods that are high in fiber—such as bananas, beans, lentils, nuts, oats, and other whole grains—can help remove harmful bacteria from your body. They also encourage regular bowel movements, which can help relieve some bladder pressure.
- **Salmon.** Cold-water fish contain omega-3 fatty acids, which can help reduce inflammation caused by UTIs. Fish oil supplements are another great alternative for individuals who don't eat fish; always consult your doctor before adding any supplements to your diet.
- **Sugar-free cranberry juice.** Though the effectiveness of cranberry juice is still being studied, cranberry juice may help fight infection.

## Foods and things to avoid when you have a UTI:

- **Avoid sugar.** Sugar can aggravate an infection. To cut back on sugar and sugar-containing foods, avoid sodas, alcohol (beer, wine, and liquor), energy drinks, etc. Included with this recommendation is to avoid high carb foods and artificial sweeteners.
- **Spicy foods.** Spicy foods can aggravate the bladder.
- **Citrus.** Highly acidic fruits like oranges, lemons, limes, and grapefruit can irritate your bladder and aggravate your UTI symptoms. \*After your UTI resolves, eating fruit with vitamin C can help prevent future infections.
- **Caffeinated beverages.** Stay away from coffee and other caffeinated beverages. When in doubt, choose water.

Sources:

WebMD

Cleveland Clinic

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