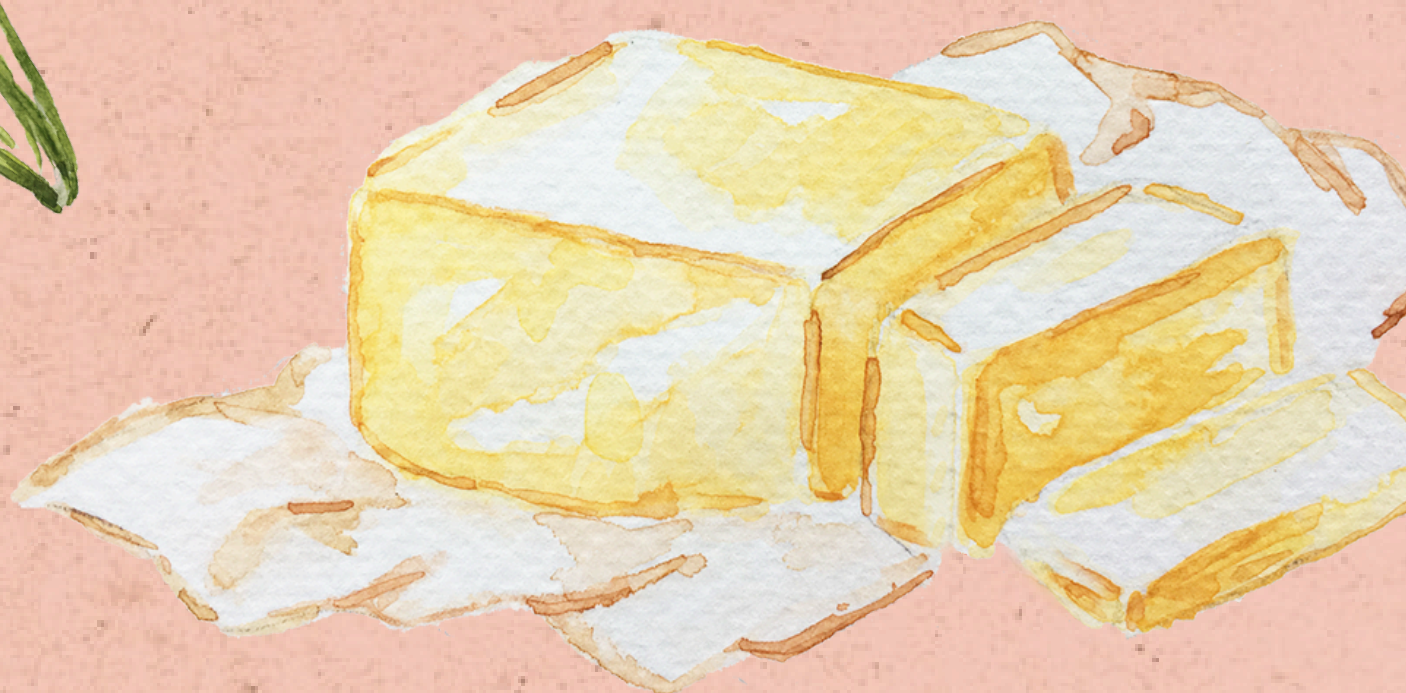




Cooking

WITH URINARY INCONTINENCE

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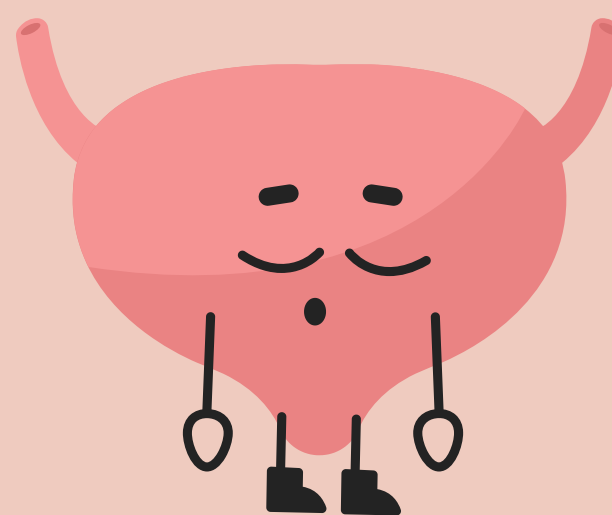
Dessert

URINARY INCONTINENCE

What is Urinary Incontinence?

Urinary incontinence (UI) is the accidental loss of urine.

UI is not a disease, condition, or disorder; **it's a symptom**



It can be managed through lifestyle changes, dietary modifications, exercises, and environmental modifications



Types of Urinary Incontinence

- **Stress:** the most common form, where it becomes difficult to hold urine in your bladder when completing an activity that increases abdominal pressure.
 - *Ex: coughing, sneezing, exercise, heavy lifting, laughing*
- **Urge:** little to no warning, where people feel rushed to the bathroom.
 - *Referred to as “Key in the door” or “Garage door syndrome” because the urge to urinate increases once you are closer to home.*
- **Mixed:** combination of stress and urge
- **Functional:** inability to get to the toilet because of an injury, lack of equipment, or dependence on a caregiver for assistance.



Why OT?

Occupational therapists address behavioral, psychological, emotional, and lifestyle factors contributing to incontinence.

Interventions and treatment methods examples:

- Pelvic floor muscle exercises
- Diaphragmatic breathing
- Food and fluid management
- Bladder training
- Bladder emptying techniques
- Urge control techniques
- Bladder diaries

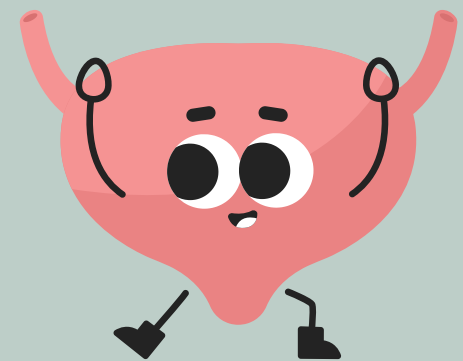


IRRITANTS AND SUPPLEMENTS



Medication Irritants

- Diuretics
- Sedatives
- Pain relievers
- Antihistamines
- Antipsychotics

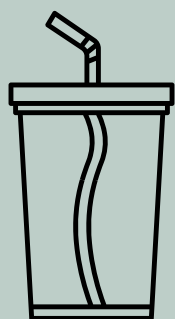


Bladder Friendly Supplements

- High fiber
- Pine nuts, almonds, or cashews
- Herbal tea without citrus
- White chocolate
- Acid-free coffee and tea
- Pears
- Bananas
- Apples
- Papaya
- Cherries
- Cold brew coffee
- Popcorn
- Chips
- Pretzels
- All natural fruit pops
- Many more!

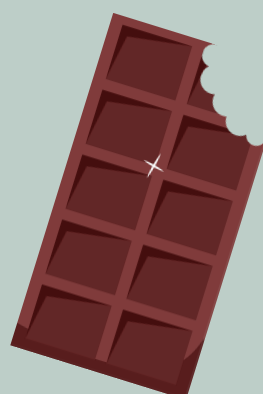
Beverage Irritants

- *Alcohol
- *Caffeine
- *Carbonation, such as soda
- Fruit juices
- *Tea
- Milk



Food Irritants

- Acidic Fruits: cranberries, grapes, oranges, lemons, peaches, pineapple, plums, strawberries
- Vegetables: onions, peppers, chilies, and tomatoes
- Dairy: aged cheese, yogurt, sour cream
- Grains: rye and sourdough bread
- Meats/Fish: aged, canned, cured, or processed meat and fish
- Walnuts and peanuts
- Chocolate
- *Artificial sweeteners
- Spicy foods



Allow your body two weeks without the food or drink to determine any changes!

Starred are the top 7 most irritating

(Brigham Urogynecology Group, 2015)
(Hegge, 2025)

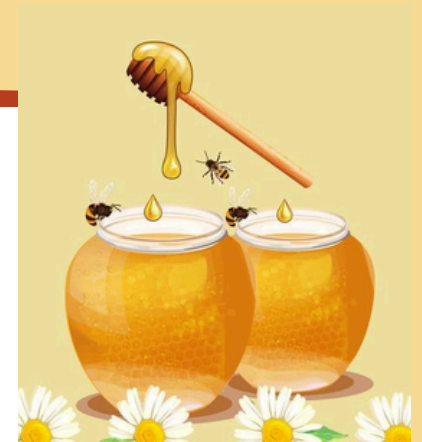
BREAKFAST

Overnight Oats

High in fiber, magnesium, and B vitamins and avoids caffeine, citrus, and artificial sweeteners.

Ingredients:

- ½ cup old-fashioned oats
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds
- ¼ cup diced pears or blueberries (low-acid fruits)
- 1 tsp maple syrup or honey
- Sprinkle of ground flaxseed
- A pinch of cinnamon



Directions:

1. Combine all ingredients in a jar or container.
2. Stir well and refrigerate overnight.
3. In the morning, stir and top with more fruit or a spoonful of almond butter.

Irritants and explanations:

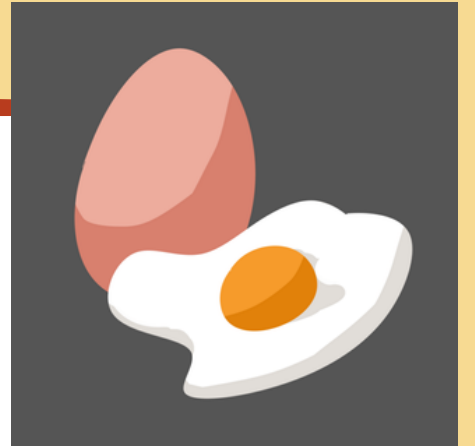
- Citrus fruits → pears or blueberries (low acid)
- Milk/yogurt → almond milk
- Artificial sweeteners → honey or maple syrup
- High fiber prevents constipation which is a trigger for UI.



BREAKFAST

Spinach & Sweet Potato Egg Muffins

High protein, fiber, magnesium. and potassium and avoids spicy and acidic foods.



Ingredients (makes 6 muffins):

- 5 eggs
- ½ cup cooked, mashed sweet potato
- ½ cup chopped spinach (lightly sauteed or steamed)
- ¼ cup unsweetened almond or oat milk
- 1 tbsp ground flaxseed
- Seasoning avoiding salt (garlic powder or parsley)



Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Lightly grease a muffin tin.
3. Whisk eggs and milk in a bowl.
4. Add sweet potato, spinach, and seasonings.
5. Pour into a muffin tin and bake for 20 minutes or until set.



Irritants and explanations:

- Tomatoes or spicy peppers → sweet potato and spinach
- Cheese avoided.
- Includes rich vegetables that support muscle and nerve function helping the bladder.

BREAKFAST

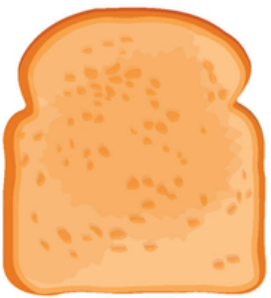
Banana Nut Toast

Fiber, protein, and health fats.



Ingredients:

- 1 slice of 100% whole grain bread
- 1 tbsp almond butter (unsalted and unsweetened)
- ½ banana, sliced
- Sprinkle of chia or flax seeds
- Optional: drizzle of maple syrup for sweetness



Directions:

1. Toast bread slice.
2. Spread almond butter on toast.
3. Top with banana slices and seeds (with optional maple syrup).



Irritants and explanations:

- Avoiding sodium and artificial sweeteners.
- Avoiding citrus/spicy jams → replaced with fresh low-acidic fruit.

Replace your morning caffeinated coffee!

Avoiding caffeine and artificial sweeteners:

- herbal teas
- decaf black coffee
- maca powders
- cold brew



Or try this recipe:

Ingredients:

- 1 cup unsweetened oat milk
- 1 tsp roasted **chicory root powder**
- ½ tsp cinnamon
- ¼ tsp ground tumeric (anti-inflammatory)
- 1 tsp maple syrup or honey (optional)
- 1 tsp ground maca powder (optional natural energy)

Directions:

1. In a small pot, heat milk on medium-low heat.
2. Whisk in chicory root powder, cinnamon, and tumeric.
3. Let mixture warm for 2-3 minutes.
4. Remove from heat and stir in optional items.
5. Pour into a mug and enjoy!

LUNCH

Turkey and Zucchini Bowl with Brown Rice

Lean protein, avoids acidity and grain irritants such a rye and sourdough

Ingredients:

- 1 cup cooked brown rice
- 1/2 lb ground turkey
- 1 zucchini, diced
- 1 small carrot, grated
- 2 tbsp olive oil
- 1 tsp of garlic
- Salt and pepper to taste



Directions:

- Heat olive oil in a skillet over medium heat. Add ground turkey and cook until browned.
- Add zucchini and grated carrot to the skillet. Sauté until the vegetables are tender.
- Season with garlic, salt, and pepper.
- Serve the turkey and vegetable mixture over cooked brown rice

Irritants and explanations:

- Uses lean protein and fresh vegetables
- No acids
- Uses bladder-friendly spices



LUNCH

Fried Quinoa and Garlic

Great protein, fresh vegetables, non-acidic, and high in fiber

Ingredients:

- 2 carrots
- 1 onion
- 2 cloves of garlic
- 3 tbsp of unsalted butter
- 3 large eggs
- 1/2 cup green peas, frozen
- 4 cups Quinoa, cooked
- 4 tablespoons of low-sodium soy sauce soy sauce



Directions:

- Chop carrots, onions and garlic
- Place a large pan over medium heat and add 1 tablespoon of butter. When melted, add eggs and use a spatula to scramble them. When cooked, remove from pan.
- In your same large pan, add 1 tablespoon of butter and turn heat to medium-high.
- Add chopped carrots, onion, garlic and frozen peas. Occasionally stir and let cook for 4 minutes or until they veggies are soft.
- Add your final tablespoon of butter, stir quinoa, scrambled eggs, and soy sauce to the pan and stir in cooked quinoa, scrambled eggs, and soy sauce

Irritants and explanations:

- Replaces tomato-based salads that have vinegar and tomatoes, such as pasta salads
- Replaces spices that irritate bladder



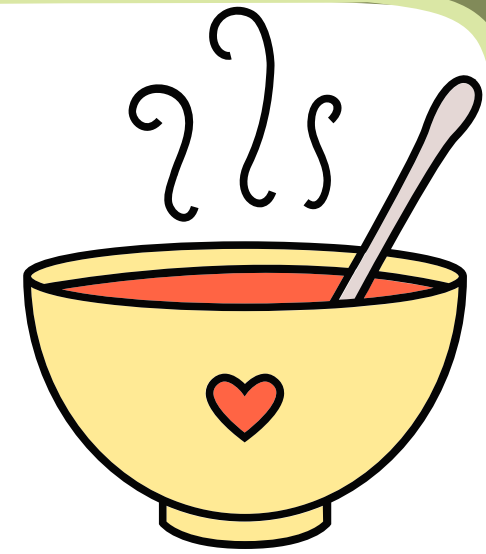
LUNCH

Chicken and White Bean Soup

Lean protein, fiber-rich beans, low acid
with still great taste

Ingredients:

- 2 teaspoons of olive oil
- 2 leaks cut into $\frac{1}{4}$ rounds
- 1 tablespoon of dried sage
- 3 14 oz cans of reduced salt chicken broth
- 1 15 oz can of canellini beans
- 3 shredded boneless chicken breasts



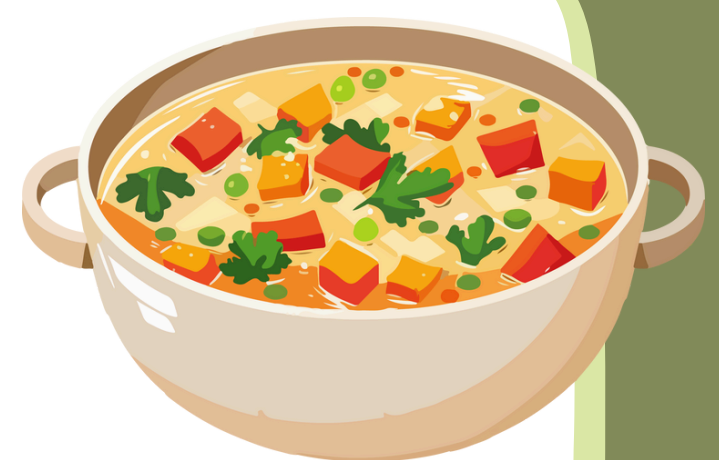
Directions:

- Heat oil in a large pot over medium heat
- Add in leaks and stir until soft
- Stir in sage for 30 seconds
- Stir in broth and turn heat up to high, cover and bring to a boil
- Add beans and chicken and cook for 3 minutes
- Serve hot and enjoy!



Irritants and explanations:

- Avoids high sodium
- Increases protein intake with lean chicken
- Increases fiber intake



DINNER

Chicken with Zucchini & Quinoa

Fiber, magnesium, and vegetables that support muscle function and digestion.

Ingredients:

- 2 boneless and skinless chicken breasts
- ½ tsp dried thyme
- ½ tsp garlic powder
- ½ tsp parsley
- 1 tbsp olive oil
- 1 cup cooked quinoa
- 1 medium zucchini sliced into half-moons



Directions:

- Season chicken with thyme, garlic powder, and parsley.
- In a skillet pan, heat olive oil over medium heat and cook chicken until golden and fully cooked (about 6-8 minutes per side)
- Saute zucchini in the same pan for 4-5 minutes.
- Serve chicken over a bed of quinoa with sautéed zucchini.

Irritants and explanations:

- No acidic fruits or sauces (like lemon or tomato)
- Avoid spicy seasoning.
- Bladder safe herbs.



freemove.com

DINNER

Sweet Potato & Black Bean Bowl

Fiber and potassium to help with bowel health and nerve signaling.

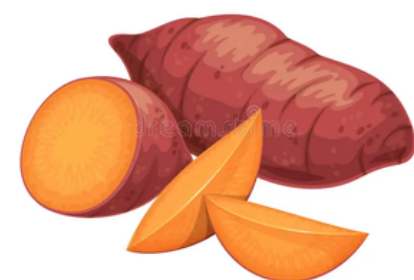
Ingredients:

- 1 large sweet potato, peeled and cubed
- 1 cup cooked, low sodium black beans
- 1 cup cooked brown rice or quinoa
- 1 tsp olive oil
- ½ tsp cumin
- ½ tsp smoked paprika (optional)
- 1 cup baby spinach



Directions:

- Roast sweet potato cubes with olive oil, cumin, and paprika at 400 degrees Fahrenheit for 25 minutes.
- Heat beans and stir into rice or quinoa.
- Steam spinach or lightly saute.
- Assemble in a bowl.



Irritants and explanations:

- No spicy or acidic sauces.
- Includes bladder-safe seasonings.



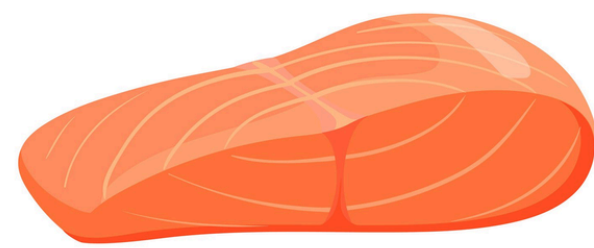
DINNER

Samon with Green Beans and Cauliflower

Anti-inflammatory omega-3s to calm an irritated bladder.

Ingredients:

- 2 salmon fillets
- 1 tbsp olive oil
- ½ tsp dill or rosemary
- 1 ½ cups of cauliflower florets
- 1 tbsp unsweetened almond milk
- 1 tbsp olive oil
- 1 cup green beans, steamed



Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Place salmon on a lined baking sheet and brush with olive oil and dill or rosemary.
- Bake for around 15 minutes or until flaky.
- Steam cauliflower until softer and mash with almond milk and oil until smooth.
- Steam green beans and season with herbs or a drizzle of oil.

Irritants and explanations:

- No citrus for flavor → herbs used.
- No spicy sauces.
- Dairy free.
- Cauliflower → bladder-safe and low acid alternative to mashed potatoes



(Herbed Atlantic salmon with mashed cauliflower & roasted green beans, 2018)

DESSERT

Low Acid Fruit Sorbet

Low acid fruit and a fun twist on dessert while still being able to enjoy a sweet treat!

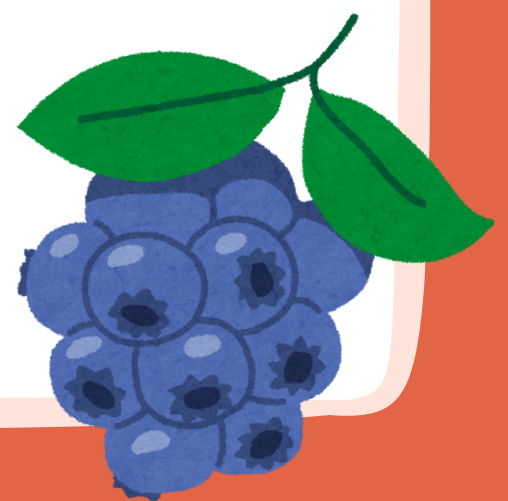
Ingredients:

- 3 cups of frozen fruit of choice
- ½ cup of almond milk
- Fresh fruit to garnish



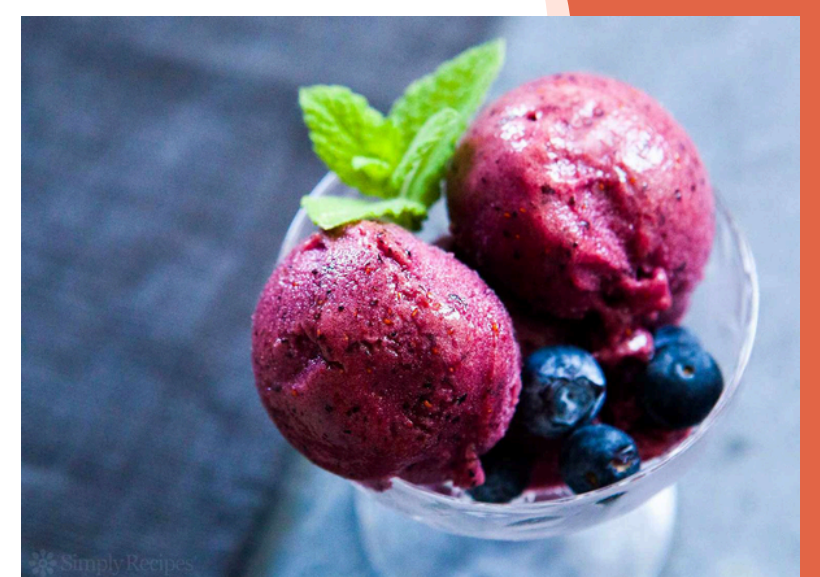
Directions:

- Add frozen fruit and almond milk to a blender and blend until smooth
- Put in the freezer for a few hours to cool
- Garnish with non-acid fresh fruit of choice



Irritants and explanation:

- Replaces milk and dark chocolate desserts
- Replaces ice cream and other dairy desserts
- Replaces artificial sweeteners



DESSERT

Caramel Popcorn

Easy fun snack or dessert without artificial sweeteners, chocolate, or citrus irritants

Ingredients:

- 1 cup of butter
- 2 cups of brown sugar
- 1 teaspoon of salt
- ½ teaspoon of baking soda
- 1 teaspoon of vanilla extract
- 5 quarts of popped popcorn



Directions:

- Preheat the oven to 250 degrees
- In a saucepan over medium heat, melt the butter. Stir in the brown sugar and salt
- Bring to a boil, stir in the vanilla extract, and pour a thin layer over the popcorn in a large bowl
- Transfer popcorn into a large baking dish and stir every 15 minutes for an hour until fully cooked
- Once cooled start breaking the popcorn into pieces and enjoy

Irritants and explanation:

- Replaces dairy irritants
- Alternative to chocolate and citrus-based sweets



DESSERT

Baked Pears with Honey and Cinnamon

Low acid and all natural sweeteners!

Ingredients:

- 2 ripe pears
- 2 tsp of honey
- ½ tsp of cinnamon
- ¼ cup of unsweetened almond milk



Directions:

- Preheat oven to 375 degrees and place the pear halves on the baking dish with the cut side up
- Drizzle honey and cinnamon over each pear half
- Bake for 20-25 minutes
- Serve warm with a splash of almond milk



Irritants and explanation:

- Replaces common dairy irritants
- Naturally sweetened with honey instead of artificial sweeteners



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