
The

Bladder Foods Bible

*Simple food and drink choices
for a calmer bladder*



Salome Saki

The Bladder Foods Bible

Written by Salome Saki

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Please read this first

Dear Mama, be gentle with yourself as you begin.

Every body is different. Go at your own pace and change one thing at a time.

If you have a health condition, or you are breastfeeding, check with your health worker before you change how you eat.

You are doing something kind for your body. That is a beautiful start.

For education only. This guide does not replace medical care. Results vary.

A Letter From Salome

Dear Mama,

Nobody told me my plate could matter.

Not for the leak itself. But for how calm my bladder felt, and how hard I had to strain.

This guide is not a diet. There are no rules about weight. No foods are banned forever.

It is a simple guide to what you eat and drink, and how to find out what suits *your* body.

With love,

Salome Saki

How to use this guide

1. Read Chapters 1 to 4 to learn the basics.
2. Do the 2-Week Test in Chapter 6. Change one thing at a time.
3. Use the plate, menu and cheat sheet to make it easy.
4. Use the one-week diary at the end to see what you notice.

Works with your main guide

Food will not fix a leak alone. This guide supports The Dry Mom 30-Day Recovery Blueprint™ by helping you avoid straining and bladder upsets.

How Food and Drink Touch Your Bladder

Your bladder stores urine. What you eat and drink changes the urine. It also changes how your bowel behaves. Both sit close to your bladder.

What is true

- Some drinks and foods can **irritate** the bladder in some people.
- Hard stool makes you strain. Straining pushes down on your pelvic floor.
- Too little water makes urine strong. Strong urine can annoy the bladder.

What is not true

- No food can cure a leak.
- You do not need to give up all your favourite foods.
- You do not need to eat less to help your bladder.

The big idea

Eat for a calm bladder and a soft, easy stool. Then watch what *your* body says.

Your friend may be fine with coffee. You may not. That is normal. We will find out together.

Water: Your Best Friend

Many mothers drink very little, hoping to leak less. It often backfires. Strong, dark urine can irritate the bladder.

Aim for pale yellow

Pale yellow urine is a good sign. Dark yellow means you need more water.

How to drink

- Sip through the day. Do not gulp a lot at once.
- Keep a bottle where you can see it.
- Take a drink with each meal.
- Drink a bit less in the two hours before bed.

If you breastfeed

Your body uses more water to make milk. Drink to thirst, and a little more. Keep water near your feeding spot.

See a health worker if

you are very thirsty all the time and pass a lot of urine, or it burns when you pass urine, or you see blood.

Fibre Foods: Your Strain-Saver

Fibre keeps your stool soft. Soft stool means no pushing. No pushing means less pressure on your pelvic floor.

Group	Easy local choices
Beans and peas	Beans, moi moi, black-eyed peas, githeri, green grams
Leafy greens	Ugu, spinach, efo, kontomire, sukuma wiki
Other vegetables	Okra, garden eggs, carrots, cabbage, pumpkin
Fruit	Pawpaw, banana, pear, orange, apple with skin
Whole grains	Oats, brown rice, whole wheat bread, unrefined maize meal
Roots and plantain	Sweet potato, ripe plantain, matoke, yam

Go slowly

Add more fibre a little at a time, with more water. Too much too fast can give you gas and a swollen belly.

Things That May Upset Your Bladder

These are common. They do not bother everyone. The word is **may**.

- **Caffeine:** coffee, strong tea, energy drinks, some colas.
- **Fizzy drinks:** soft drinks and sparkling water.
- **Alcohol:** beer, wine, palm wine.
- **Very spicy food:** lots of pepper.
- **Very sour foods:** lots of lemon, tomato stew or orange juice, for some people.
- **Artificial sweeteners** in some diet drinks.

Do not cut everything today

If you take away everything at once, you will not know what was the problem. And you may feel sad about food. Chapter 6 shows a calmer way.

Remember

A cup of tea is not a crime. We are looking for patterns, not perfect behavior.

Drinks: Kinder and Test-It

Usually kind	Test it, one at a time
Plain water	Coffee and strong tea
Water with a slice of cucumber	Fizzy drinks
Weak herbal tea (like mint)	Energy drinks
Milk, if you tolerate it	Orange or other citrus juice
Pap (ogi) or oat drink with little sugar	Zobo and other sour drinks
Coconut water, a small glass	Alcohol

A small tip

If you love tea or coffee, try half the strength first. Or try a smaller cup. Many people find that enough.

Sugar

Very sugary drinks are not great for your health. Choose water most of the time.

The 2-Week Test

This is how you learn what suits you.

1. Pick **one** thing you think may upset your bladder. For example, coffee.
2. For 7 days, leave it out. Write down how your bladder feels each day.
3. On Day 8, add it back in a small amount. Keep writing.
4. Notice: more urgent? More leaks? Or no change?
5. Then pick the next thing. Do **one** at a time.

If nothing changes

Great. That food is probably fine for you. Enjoy it.

If you notice a change

Keep it small or save it for special days.

Be patient

It can take a week or two to see a pattern. Do not give up in three days.

Easing Constipation

Straining on the toilet is hard on your pelvic floor. These steps can make it gentler.

- Eat fibre foods every day.
- Drink water through the day.
- Walk for 10 to 20 minutes.
- Go when you feel the need. Do not hold it for hours.

A better way to sit

1. Put your feet on a small stool.
2. Lean forward a little. Rest your hands on your knees.
3. Breathe slowly. Let your belly be soft.
4. Do not push hard. Wait. It will come.

See a health worker if

you have blood in your stool, very bad belly pain, or you cannot pass stool for several days.

Build Your Plate

A simple plate. No counting. No weighing.

Part of plate	What goes on it
Half	Vegetables and fruit. Greens, okra, cabbage, carrots, pawpaw.
One quarter	Protein. Fish, eggs, chicken, beans or groundnuts.
One quarter	Whole grains or roots. Brown rice, oats, sweet potato, matoke.

Easy swaps

- Add a handful of beans to your rice.
- Choose brown rice or oats more often.
- Eat fruit with the skin, when it is safe.
- Add vegetables to every stew.

Eat regular meals. Do not skip. If you breastfeed, your body needs enough food.

A 7-Day Easy Menu

Use it as a guide. Swap with what you have.

Day	Breakfast	Lunch	Dinner
Mon	Oat porridge with banana	Beans and ripe plantain	Vegetable soup and fish
Tue	Pap and moi moi	Brown rice, greens and chicken	Sweet potato and eggs
Wed	Whole wheat bread and egg	Githeri with sukuma wiki	Okra soup and swallow
Thu	Pawpaw and groundnuts	Jollof with salad and fish	Bean stew
Fri	Oats and pear	Matoke with beans	Kontomire stew and fish
Sat	Yam and egg sauce	Rice, beans and greens	Vegetable soup and chicken
Sun	Pap and akara	Your family meal, with vegetables	Light soup and fruit

Drink water with every meal.

Parties, Church and Travel

Real life has weddings, church events and long road trips. You can still enjoy them.

Before you go

- Eat a small meal first, so you are not starving.
- Take a bottle of water.
- Carry a small snack, like groundnuts or a banana.

At the event

- Fill your plate with vegetables first.
- Choose water between other drinks.
- Enjoy a small portion of what you love.

On a long trip

Sip water, but not too much at once. Go to the toilet when you stop, even a little. Keep tissue and a spare liner in your bag.

Be kind

One party does not undo your progress. Go back to your normal plate the next day.

Pocket Cheat Sheet

Every day

1. Sip water all day. Aim for pale yellow.
2. Eat fibre foods at most meals.
3. Do not strain on the toilet.
4. Test things one at a time.

May upset the bladder

- Coffee and strong tea
- Fizzy and energy drinks
- Alcohol
- Very spicy or very sour foods

Kind for most people

- Water
- Beans, greens, okra, pawpaw, banana
- Oats, brown rice, sweet potato

See a health worker if

- Burning when you pass urine
- Blood in your urine or stool
- Very thirsty with a lot of urine
- Leaks that get worse

Your 7-Day Diary

Each day, write what you noticed. Look for patterns.

Day	Water	Fibre foods	Bladder felt
1			
2			
3			
4			
5			
6			
7			

A last word from Salome

Eat well. Drink well. Be gentle with yourself. Your plate is one small piece of a bigger plan.

I am cheering for you.

With love,

Salome Saki

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