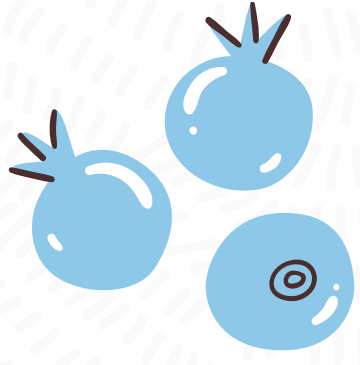


8 Good Foods

FOR BLADDER HEALTH



Blueberries

A **superfood rich in antioxidants** and nutrients but low in sodium, potassium and phosphorus.



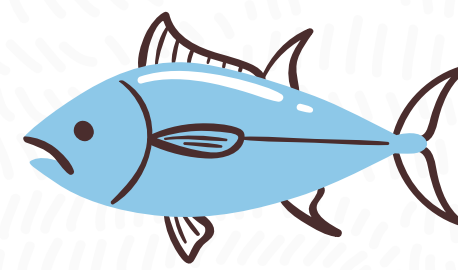
Green beans

Raw or cooked, they are rich in nutrients and **easy on your urinary tract**.



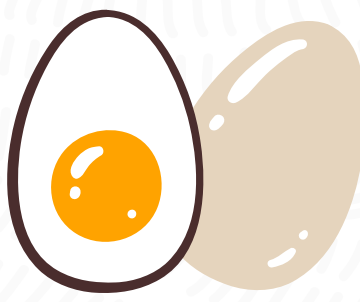
Cauliflower

Provides plenty of vitamins C & K, folate, fiber & compounds that **help control inflammation** in your urinary tract.



Sea bass

This protein, rich in omega-3 fatty acids, is **excellent for your mental health** & has anti-inflammatory properties.



Eggs/egg whites

Rich in protein and on several lists of the **"least bothersome"** foods of fiber & other nutrients.



Winter squash

Delicious & available year-round, they're **full of nutrients & anti-inflammatory compounds**.



Whole grains

Oats, quinoa, bulgur wheat & buckwheat are **excellent sources of fiber** and other nutrients.



Nuts

Raw, unsalted macadamia nuts have **low sodium** & phosphorus levels and are **rich in B vitamins** & minerals.

 **fresh start**



Visit us at fitrightfreshstart.com/get-expert-advice/ to learn more about your life and UI.