

BLADDER- FRIENDLY SNACK HACKS

Smart bites, happy bladders.

by Dr. Tiffani S. Bacon, PT



Bladder-Friendly Snack Hacks

by Dr. Tiffani S. Bacon, PT

Delicious, Science-Backed Recipes to Power Healthy Bladders

Welcome to your **Bladder-Friendly Snack Hacks** guide — a sneak peek into **The Bladder Breakthrough™**, the only **clinician-designed home lifestyle program** that transforms pediatric bladder care into **edu-play magic**. Inside, you'll find quick, **science-backed snack swaps** and tasty recipes designed by experts to support **healthy hydration, bladder balance, and confident kiddos**.

Snack Hack #1 — Popcorn Power Poppers

Why it's great: Air-popped popcorn is a bladder-friendly, high-fiber hero.

Ingredients:

- 3 cups air-popped popcorn
- ½ tsp dried herbs (oregano + basil combo = kid-approved!)
- 1 tsp olive oil



How to: Toss, season, and crunch away!

Snack Hack #2 — Hydration Hero Skewers

Why it's great: Watermelon + cucumber = hydration disguised as play.

Ingredients:

- Watermelon balls
- Cucumber rounds
- Mini skewers or fun toothpicks



How to: Alternate bites of juicy watermelon and crisp cucumber.

Playful Bonus: Freeze them slightly for an ice-pop vibe on hot days.

Snack Hack #3 — Cashew Cream Crunch Cups

Why it's great: Dairy-free, bladder-friendly, creamy, and kid-loved.

Ingredients:

- ½ cup cashew-based vanilla yogurt
- ½ cup pear chunks
- 1 tbsp unsweetened shredded coconut

How to: Layer yogurt, pear, and coconut in a cup.

Playful Bonus: Add a tiny paper umbrella and call it a “Tropical Bladder Boost.”

BONUS SNACK SWAPS

Instead Of...	Try This Instead!	Why It Works
Citrus fruits	Pears	Gentle on the bladder Hydrates
Sugary juices	Infused water	without the sugar spike Low-acid,
Chocolate bars	Air-popped popcorn	high-fiber hero No bladder-
Dairy yogurt	Cashew-based yogurt	aggravating lactose

Snack Smarter. Play Smarter. Be the Hero of Your Child's Bladder Story.

If you loved these snack hacks, you'll **flip** over what's waiting inside **The Bladder Breakthrough™** — our **clinician-designed home lifestyle program** that combines **science-backed care**, playful learning like Fruit Force & Veggie Vibes™ gaming app, which turns healthy eating into an edu-play adventure gamified confidence-building tools for kids and parents.

- Interactive apps
- Step-by-step guides
- Gamified habit trackers
- Parent coaching tools

