

THE BLADDER-FRIENDLY POPCORN TOPPING

MINI BOOKLET

by Dr. Tiffani S. Bacon, PT



[bladderbreakthrough](http://bladderbreakthrough.com)tm

Popcorn + Pelvic Power

...Yes, please!



This mini recipe booklet serves up the crunchy truth on why popcorn is a bladder-friendly snack and how to keep it that way with delicious, safe toppings your kids will love.

Why Plain Popcorn is a Bladder Win:

- It's a whole grain, packed with fiber that helps prevent constipation (a big contributor to bladder issues).
- It's low-acid, caffeine-free, and non-carbonated — so it doesn't trigger bladder lining irritation.
- It's light and satisfying — perfect for mindful snacking without discomfort.

Toppings That Can Aggravate the Bladder:

- Artificial butter or cheese powders: Loaded with additives that may irritate the bladder.
- Spicy seasonings (like chili or cayenne): These can inflame sensitive bladder tissues.
- High-sodium butter or flavored salts: Excess salt can contribute to bladder irritation.
- Sugary coatings: Chocolate, caramel, and other sweet glazes often contain caffeine or acidic ingredients.

Bladder-Smart Topping Recipes

Coconut Cinnamon Sprinkle:

Ingredients:

4 cups air-popped popcorn

1 tsp coconut oil (melted)

1/2 tsp cinnamon

Instructions:

Drizzle coconut oil over warm popcorn and toss gently. Sprinkle with cinnamon. Sweet, soothing, and bladder-happy!

Nutritional Yeast & Olive Oil Boost:

Ingredients:

4 cups air-popped popcorn

1 tsp extra virgin olive oil

1 tbsp nutritional yeast

Instructions:

Lightly coat popcorn with olive oil and toss in nutritional yeast. A cheesy taste without the dairy drama.

Light Lemon Zest & Dill

Ingredients:

4 cups air-popped popcorn

1 tsp avocado oil

1/4 tsp finely grated lemon zest (ONLY a very light sprinkle)

Pinch of dried dill



Instructions:

Drizzle with avocado oil, sprinkle with lemon zest and dill. Refreshing and gentle for the bladder.

Snack Smart, Bounce Better!

Remember:

Keep it plain, keep it gentle, and let the toppings support your child's healing journey. Pair these recipes with movement from The Bladder Breakthrough and you're building bladder confidence bite by bite!



Introducing the Bladder Bounce™ App & Tracker: Where Movement Meets Motivation

So, your kid just learned that popcorn might be a bladder-friendly superhero snack?

Now it's time to move that energy!

Welcome to Bladder Bounce™: The Power Pop Challenge and Therapeutic Bladder Bounce Tracker — a therapeutic mini-game and exercise tracker that turns everyday movement into bladder-building magic.

Created by pediatric pelvic floor specialist Dr. Tiffani S. Bacon (aka Dr. T), this app isn't just adorable — it's backed by science, infused with fun, and designed to help kids take control of their bladder health one joyful jump, stretch, or wiggle at a time.



 Learn more about bladder-smart nutrition & popcorn.
[Click here!](#)