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GERD/Acid Reflux Diet

Stomach acid reflux is a common problem.

You doctor may recommend that you avoid foods and drinks that are known to make stomach acid reflux worse. These include fatty foods, alcohol, chocolate, caffeinated drinks (such as coffee, tea, soda), peppermint, spearmint, and spices. If you are overweight, dieting may also help. It's alright to drink cranberry juice, apple juice diluted with water and herbal teas (except peppermint and spearmint). Drink lots of water. Coffee Substitutes: Postum; Coffee (Swiss blend of chicory, figs, wheat, malted barley & acorns)

Foods & drinks to Avoid

1. Fatty foods
2. Alcohol
3. Chocolate
4. Coffee, tea, caffeinated soft drinks (decaffeinated coffee still has some caffeine)
5. Peppermint & spearmint
6. Spices & vinegar
7. Citrus fruits & juices
8. Tomatoes & tomato sauces

Other Anti-Reflux Measures

1. Don't eat or drink for 2 hours before going to bed
2. Avoid lying down after meals
3. Elevate the head of your bed 6 inches (Use a bed wedge from any surgical supply store)
4. Don't wear tight clothing around your abdomen
5. Avoid straining, weight lifting, prolonged bending, constipation
6. Lose weight (if you are overweight)

Since the likelihood of reflux is increased after a meal, it is important to avoid eating or drinking for 2 hours before going to bed, except for taking any medicine prescribed by your doctor. Remember to avoid lying down after any meal.

Avoid

Acid Fruits to Avoid:

Orange
Grapefruit
Pineapple
Pomegranate
Tomato
Lemon/Lime
Sour Apple
Sour Grape
Sour Peach
Sour Plum

Dairy Products

(Cause excess mucus, refrain)

Sub-Acid Fruits To Avoid:

Fresh Fig
Pear
Sweet Cherry
Papaya
Mango
Cherimoya
Sweet Peach
Sweet Apple
Apricot
Sweet Plum
Huckleberry
Mangos teen

Spicy Meals in These Restaurants:

Japanese
Mexican
Thai
Chinese
Indian
Some Italian

Many Individuals Are Sensitive To:

Cucumbers
Scallions
Onions
Radishes
Leeks

Reflux-Acceptable Foods (If Cooked With Mild Herbs)

<p>MEATS: All Tenderloin, Flank, T-Bone & Porterhouse Steak Rib & Rump Roast Liver Veal Chicken Capons & Cornish Hens Turkey Loin Pork Chops Pheasant Quail Venison</p> <p>FISH: Sole Halibut Monk Tuna Bass Smoked Fish Salmon Flounder Haddock Lobster Mackerel Perch Pike Shad Scallops Shrimp Trout</p> <p>POTATOES: All Red, White, Sweet & Yams (No canned potatoes)</p>	<p>RICE: All White, Brown & gourmets</p> <p>SOUPS: All non-tomato, use with discretion (Creamed soups may cause excess mucus and /or reflux disorders).</p> <p>PASTA: Pesto Sauce, Garlic & Oil White Clam Sauce only</p> <p>VEGETABLES & STARCHES: Beets Carrots Eggplant (Grilled or sautéed only) Lima Beans String Beans Spinach Artichokes Asparagus Brussels Sprouts Cauliflower Buttercup Squash Acorn Squash Butternut Squash Delicata Squash Zucchini Squash (Both yellow and green) Gourmet Squash Broccoli Parsnips Wax Beans Brocco Flower</p>	<p>SWEET FRUITS: Bananas Dates Figs Raisins Thompson & Muscat Grapes Prunes Persimmons Melons Strawberries Raspberries Blueberries Blackberries Sun-Dried Pears</p> <p>HERBS & SEASONINGS: Basil Leaves Bay Leaves Chervil Leaves Chives Cilantro Leaves Dill Weed Marjoram Oregano Leaves (Mediterranean) Parsley Flakes Rosemary Sage Savory Tarragon Leaves Thyme Garlic Soy Sauce White Pepper</p>
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