



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

Sub Acid Fruits to Avoid:

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

Spicy Meals in the Restaurants:

Japanese, Mexican, Thai, Chinese, Indian, Some Italian

Many Individuals Are Sensitive to:

Cucumbers, Scallions, Onions, Radishes, Leeks

Dairy Products:

(Cause excess mucus, refrain)

Reflux-Acceptable Foods (If Cooked With Mild Herbs)

Meats:

All Tenderloin, Flank, T-Bone & Porterhouse Steak, Rib & Rump Roast, Liver, Veal, Chicken, Capons & Cornish Hens, Turkey, Loin Pork Chops, Pheasant, Quail, Venison

Fish:

Sole, Halibut, Monk, Tuna, Bass, Smoked Fish, Salmon, Flounder, Haddock, Lobster, Mackerel, Perch, Pike Shad, Scallops, Shrimp, Trout

Potatoes:

All Red, White, Sweet & Yams (No canned potatoes)

Rice:

All White, Brown & gourmet

Soups:

All non-tomato, use with discretion (Creamed soups may cause excess mucus and/or reflux disorders).

Pasta:

Pesto Sauce, Garlic & Oil, White Clam Sauce only

Vegetables and 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, arsnips, Wax Beans, Brocco Flower

Sweet Fruits:

Bananas, Dates, Figs, Raisins, Thompson & Muscat Grapes, Prunes, Persimmons, Melons, Strawberries, Raspberries, Blueberries, Blackberries, Sun-Dried Pears

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

Regional Digestive Consultants | Phone: 281-528-1511 | Fax: 281-419-8485 | Website: www.rdctx.com | Email: Info@rdctx.com