

Stomach Acid Reflux

What Can I Eat?

Stomach acid reflux is a common problem.

Your 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; Coffree (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
- Mangosteen

Spicy Meals In These Restaurants:

- Japanese
- Mexican
- Thai
- Chinese
- Indian
- Some Italian

Dairy Products

(Cause excess mucus, refrain)

Many Individuals Are Sensitive To:

- Cucumbers
- Scallions
- Onions
- Radishes
- Leeks

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 & Gourmets

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 & Starches

Beets
Carrots
Eggplant
(Grilled or sautéed only)
Kidney Beans
Lima Beans
String Beans
Spinach
Artichokes
Asparagus
Brussel Sprouts
Cauliflower
Buttercup Squash
Acorn Squash
Butternut Squash
Delicata Squash
Zucchini Squash
(Both yellow and green)
Gourmet Squash
Broccoli
Parsnips
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