

Since there is not an “official” diet that prevents all symptoms of GERD, the best way to find out which foods you can tolerate and which foods aggravate your heartburn is to keep a food journal for a few days. List all the food (don’t forget beverages) you eat, the time of day, and any symptoms that may occur. By identifying “trigger” foods, you can plan a diet that will decrease your heartburn. Eating five or six smaller meals throughout the day instead of three large meals will help to control the symptoms of heartburn. The following list may help in planning low fat snacks.

PLANNING LOW FAT SNACKS	
Beverages	Crystal Light® drink mix (no tea) Flavored non-carbonated/sparkling waters: Propel®, Aquafina®, Fruit 2 O® Fruit juice — apple, grape, and cherry Slim Fast®—no chocolate Mayfield Nutrish® skim or 1% milk
Breads / Grains	Natures Valley®, Earth Grains®, Iron Kids® bread: white, wheat, lite Nabisco® wheat thins, cheese nips, Lorna Dune Shortbread Crisp 100-calorie package Kellogg’s® Rice Krispie Treat, Special K Bar, Nutri-Grain Cereal Bars Quaker® rice cakes; instant oatmeal, old-fashioned oats Lays® Baked Potato Chips, Low-Fat Potato Chips: Ruffles; Low-Fat Corn Chips (plain) Ortega® fat-free flour, corn, or whole wheat tortilla Thomas® English Muffins, Bagels Snyder’s® Rold Gold fat free pretzels
Dairy	Food Club®, Dannon® fat-free yogurt: plain, vanilla, banana, cheesecake Food Club®, Healthy Choice®, Bryers® fat-free ice cream, frozen yogurt (no chocolate or nuts), Jello® brand fat-free, sugar free pudding
Other	Nabisco® SnackWell cookies; popsicles Seneca® Apple Chips; canned, fresh or frozen fruits Jello® gelatin Skinny Cow®, Food Club® and other store brand low-fat or fat free string cheese
Avoid	Tomatoes (sauce, soups, juice), citrus fruits, chocolate, coffee, tea, alcohol, carbonated beverages, fried and fatty foods (gravy, cream sauce), spicy foods, garlic, onions, pepper, whole milk dairy products, foods cooked in butter, peppermint and spearmint.