

Reflux Diet Precautions

Compiled by Isaac Namdar, MD

	Reflux-inducing	Reflux-friendly
<i>Fruits</i>	Oranges, Tangerines, lemons, and Grapefruits	Apples, Bananas, Cantaloupe, Pears, Peaches, Nectarines, Melon, Grapes, Apricots, Cherries, Berries and Plums
<i>Vegetables</i>	Tomatoes, Spaghetti Sauce, Taco Sauce, Salsa, Pizza Sauce, Hot Sauce, Ketchup, Potato Chips and French Fries	Asparagus, Beans, Beets, Broccoli, Carrots, Celery, Corn, Lettuce, Peas, Sweet Peppers, Potatoes, Spinach, Squash and Sweet Potatoes
<i>Breads & Cereal, Desserts</i>	Any kind of chocolate and chocolate desserts, licorice, mints	Bagels, Biscuits, Cake, Muffins, Oatmeal, Macaroni, Pancakes, Rice, Waffles, Bread and Dry Cereal
<i>Dairy</i>	Chocolate Milk or Chocolate Ice Cream	Milk, Yogurt, Mild Cheese, Custard, Ice Cream and Frozen Yogurt
<i>Meats & Eggs</i>	Deep Fried Foods, Hot Dogs, Salami, Pepperoni, Sausage, Bologna, and Ham	Eggs, Lean Beef, Chicken, Lamb, Pork, Fish, Tuna and Shrimp
<i>Beverages</i>	Carbonated, Orange or Grapefruit Juice, Citrus Drinks, Chocolate Drinks, Caffeinated Teas and Coffee	Apple Juice, Grape Juice, Water, Kool-Aid

Other Precautions:

- Eat more frequent smaller portions throughout the day in order to avoid over-distending the stomach.
- Try to have a bigger lunch and a smaller dinner than usual.
- Avoid eating any solid foods approximately 3 hours before bedtime.
- Some patients may benefit from elevating the head of the bed by purchasing a specially designed bed wedge pillow or by placing blocks under the two legs of the bed near the head.