

# 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.

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## 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