**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; Coffeene (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.
Meats
All Tenderloin, Flank, T-Bone & Porterhouse Steak
Rib & Rump Roast
Liver
Veal
Chicken
Capon & 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 & 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
Broccoli 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
Garlic Leaves
Dill Weed
Marjoram
Oregano Leaves (Mediterranean)
Parsley Flakes
Rosemary
Sage
Savory
Tarragon Leaves
Thyme
Garlic
Soy Sauce
White Pepper