

Gastroesophagel Reflux Disease Dietary Recommendations

Food Groups

Group	Avoid	Recommend
Milk or Milk Products	Whole milk, chocolate milk, cheese, ice cream	2%, 1% or skim milk, Low-fat yogurt, part-skim cheese, low-fat cottage cheese
Vegetables	Tomatoes or tomato juice, Onions and garlic, Vegetable that are fried or served in cream sauces	All other vegetables fresh, frozen, or canned
Fruits	Citrus: such as oranges, grapefruit, pineapple, lemons	All other fruits fresh, frozen, or canned
Breads & Grains	Croissants, pastries, doughnuts, biscuits	All others
Meat, meat substitutes	Sausage, bacon, hotdogs, canned meats, ribs, fried meats and fish, meat gravy	Lean meat, chicken, fish, turkey
Fat, oils	Butter, bacon fat, lard, shortening, mayonnaise	Low-fat salad dressing and mayonnaise, vegetable oil
Sweets & Desserts	Chocolate, rich butter desserts	Low-fat, *see food label use below
Beverages	Alcohol, coffee (regular and decaffeinated), carbonated beverages, peppermint or spearmint teas	Herbal tea; water, juices (except citrus)
Soups	Stews, heavy cream-based soups	Low-fat soups *see food label use below

Note:

1. Spicy foods and nuts can also cause reflux problems
2. Avoid large meals before bedtime
3. Smoking and alcohol can worsen reflux

Food labels:

Look for **Total Fat** on the food label. You want to look for the number of total fat grams on the label. A food that is low-fat will have less than 5 grams of fat for each serving.