



MILAN S CHAKRABARTY, M.D.  
SANDRA DEL VALLE, PA-C

TAHIR QASEEM, MD. F.A.C.P., F.A.C.G.  
CHRISTINA BARONOV, NP-C

SHALA BATTLE, NP-C

## HEARTBURN / GASTROESOPHAGEAL REFLUX DISEASE (GERD) DIET

Certain foods can aggravate your heartburn symptoms, and when planning your acid reflux diet, it's best to limit or avoid completely those foods and drinks that result in acid reflux. There are some foods that have little or no potential for causing heartburn.

The foods listed in the Table below are the most common foods that are usually pretty safe for heartburn sufferers to eat.

### SAFE FOODS FOR THE ACID REFLUX DIET:

Food Group	Foods With Little Potential to Cause Heartburn
Fruit	<ul style="list-style-type: none"><li>• Apple, fresh</li><li>• Apple, dried</li><li>• Apple juice</li><li>• Banana</li></ul>
Vegetables	<ul style="list-style-type: none"><li>• Baked potato</li><li>• Broccoli</li><li>• Cabbage</li><li>• Carrots</li><li>• Green beans</li><li>• Peas</li></ul>
Meat	<ul style="list-style-type: none"><li>• Ground beef, extra-lean</li><li>• Steak, London Broil</li><li>• Chicken breast, skinless</li><li>• Egg whites</li><li>• Egg substitute</li><li>• Fish, no added fat</li></ul>
Dairy	<ul style="list-style-type: none"><li>• Cheese, feta or goat</li><li>• Cream cheese, fat-free</li><li>• Sour cream, fat-free</li><li>• Soy cheese, low-fat</li></ul>
Grains	<ul style="list-style-type: none"><li>• Bread, multi-grain or white</li><li>• Cereal, bran or oatmeal</li><li>• Corn bread</li><li>• Graham crackers</li><li>• Pretzels</li><li>• Rice, brown or white</li><li>• Rice cakes</li></ul>
Beverages	<ul style="list-style-type: none"><li>• Mineral water</li></ul>

Food Group	Foods With Little Potential to Cause Heartburn
Fats / Oils	<ul style="list-style-type: none"> <li>• Salad dressing, low-fat</li> </ul>
Sweets / Desserts	<ul style="list-style-type: none"> <li>• Cookie, fat-free</li> <li>• Jelly beans</li> <li>• Red licorice</li> <li>• Potato chips, baked</li> </ul>

**Foods To Limit On The Acid Reflux Diet:**

Food Group	Foods To Avoid
Fruit	<ul style="list-style-type: none"> <li>• Orange juice</li> <li>• Lemon</li> <li>• Lemonade</li> <li>• Grapefruit juice</li> <li>• Cranberry juice</li> <li>• Tomato</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>• French fries</li> <li>• Onion, raw</li> </ul>
Meat	<ul style="list-style-type: none"> <li>• Ground beef, chuck</li> <li>• Marbled sirloin</li> <li>• Chicken nuggets</li> <li>• Buffalo wings</li> </ul>
Dairy	<ul style="list-style-type: none"> <li>• Sour cream</li> <li>• Milk shake</li> <li>• Ice cream</li> <li>• Cottage cheese, regular</li> </ul>
Grains	<ul style="list-style-type: none"> <li>• Macaroni and cheese</li> <li>• Spaghetti with sauce</li> </ul>
Beverages	<ul style="list-style-type: none"> <li>• Liquor</li> <li>• Wine</li> <li>• Coffee, decaffeinated or regular</li> <li>• Tea, decaffeinated or regular</li> </ul>
Fats / Oils	<ul style="list-style-type: none"> <li>• Salad dressing, creamy</li> <li>• Salad dressing, oil &amp; vinegar</li> </ul>
Sweets / Desserts	<ul style="list-style-type: none"> <li>• Butter cookie, high-fat</li> <li>• Brownie</li> <li>• Chocolate</li> <li>• Doughnut</li> <li>• Corn chips</li> <li>• Potato chips, regular</li> </ul>

Source: <http://heartburn.about.com/cs/dietfood/a/heartburnfoods3.htm>

FORM: Heartburn Gurd Diet Patient Information 1 26 16