

# Acid Reflux Food Guide

## ~ Top Foods to Eat ~ Nourishing Choices to Help Soothe GERD Symptoms ~

### OATMEAL

High in fiber & low in fat, oatmeal helps absorb stomach acid & provides a soothing effect on the digestive tract.



### GINGER

Known for its anti-inflammatory properties, ginger can help reduce the irritation in the esophagus & stomach lining.



### BANANAS

Low in acid, bananas coat the mucous lining of the esophagus, which can help relieve discomfort.



### MELONS

Similar to bananas, melons are low-acid fruits that help neutralize stomach acid.



### SPINACH

Spinach is rich in nutrients & alkaline properties, which can help neutralize excess stomach acid & provide relief from GERD symptoms.



### CHICKEN BREAST

Lean proteins like chicken breast are low in fat, which reduces the risk of acid reflux.



### SALMON

Rich in omega-3 fatty acids, & has anti-inflammatory properties that can reduce digestive tract irritation & potentially ease acid reflux symptoms.



### EGG WHITES

Low in fat, egg whites are a good source of protein without increasing reflux risk.



### BROWN RICE

High in fiber & complex carbohydrates, brown rice helps absorb excess stomach acid.



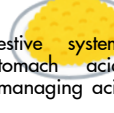
### POTATOES

Root vegetables like potatoes are low in acid & provide a soothing effect on the stomach.



### COUSCOUS

Gentle on the digestive system, couscous absorbs stomach acid, making it excellent for managing acid reflux symptoms.



### APPLES

Non-citrus fruits like apples provide a mild, soothing effect. Their high fiber content also aids digestion & promotes gut health.



### PEARS

Pears are low in acid & high in fiber, which helps soothe the digestive tract & improve digestion.



### CHAMOMILE TEA

Chamomile has soothing properties that can calm the digestive system & reduce acid reflux symptoms.



### ALOE VERA JUICE

Known for its healing properties, aloe vera juice can soothe & reduce inflammation in the esophagus.



### WHOLE GRAIN BREAD

High in fiber. Absorbs excess stomach acid, alleviating symptoms & supporting digestive health.



### KALE

Kale is alkaline & aids in neutralizing stomach acid, making it a helpful choice for GERD management.



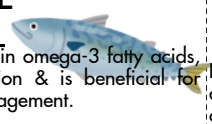
### TURKEY

Similar to chicken, turkey is a lean protein & low fat, & minimizes reflux symptoms.



### MACKEREL

Mackerel, high in omega-3 fatty acids, supports digestion & is beneficial for acid reflux management.



### Celery

High water content dilutes stomach acid. Its crunchy texture promotes chewing, stimulating saliva production & aiding digestion.



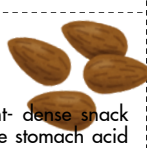
### PARSLEY

Parsley aids in the breakdown of food. Its natural enzymes & soothing properties alleviate acid reflux.



### ALMONDS

Almonds are a nutrient-dense snack that can help neutralize stomach acid & provide relief from symptoms.



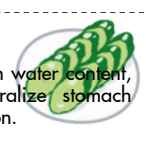
### QUINOA

Quinoa is a whole grain that is rich in fiber & protein, helping to absorb excess stomach acid & promote healthy digestion.



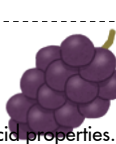
### CUCUMBER

Cucumbers have a high water content, which can help neutralize stomach acid & provide hydration.



### GRAPES

Grapes are a non-citrus fruit that can provide relief from acid reflux due to their natural antacid properties.



### COCONUT WATER

Renowned for its alkaline nature, it serves as a natural remedy to neutralize stomach acid due to its pH-balancing properties.



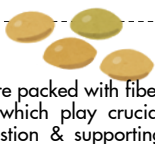
### SWEET POTATOES

Their natural sweetness & low-acid content make them gentle on the stomach, while their high fiber content promotes healthy digestion.



### LENTILS

Nutritious legumes are packed with fiber & protein, both of which play crucial roles in aiding digestion & supporting optimal gut health.



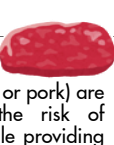
### BARLEY

The high dietary fiber aids in absorbing excess stomach acid, promoting fullness, & regulating digestion.



### LEAN MEATS

Lean meats (like lean beef or pork) are low in fat, reducing the risk of triggering acid reflux while providing essential nutrients for overall health.



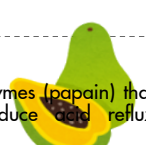
### CAULIFLOWER

Low-acid veg that supports digestive health. Rich in fiber, it contributes to digestive health by promoting regularity.



### PAPAYA

Papaya contains enzymes (papain) that aid digestion & reduce acid reflux symptoms.



### BROCCOLI

Broccoli is a low-acid vegetable that is rich in vitamins & minerals, aiding digestion.



### LOW-FAT YOGURT

Contains probiotics supporting digestive health by promoting a balanced gut microbiome, which help alleviate acid reflux symptoms.



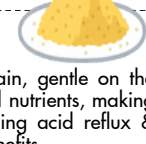
### WATERMELON

Watermelon's high water content helps neutralize stomach acid. And its natural alkalinity contributes to soothing discomfort.



### AMARANTH

Gluten-free whole grain, gentle on the stomach with essential nutrients, making it suitable for managing acid reflux & offering nutritional benefits.



## What is Acid Reflux?

Acid reflux, also known as GERD, happens when stomach acid or bile travels back up into the tube that connects your mouth to your stomach (the esophagus). This can happen when a special muscle at the bottom of the esophagus, called the lower esophageal sphincter, doesn't close properly after you eat. When acid escapes from your stomach into your esophagus, it can cause symptoms like heartburn, a burning feeling in your chest, or regurgitation, which is when food or liquid comes back up into your throat. Managing what you eat and how you live can help lessen these symptoms & protect your esophagus from damage over time.

## Tips for navigating menus to avoid reflux triggers

CHOOSE GRILLED OR BAKED DISHES OVER FRIED OPTIONS.

AVOID SPICY & HEAVILY SEASONED FOODS.

REQUEST SAUCES & DRESSINGS ON THE SIDE.

OPT FOR LEAN PROTEINS LIKE CHICKEN OR FISH.

SKIP CARBONATED DRINKS & CHOOSE WATER OR HERBAL TEA.

ASK ABOUT DISH PREPARATION & REQUEST MODIFICATIONS.

SELECT NON-CITRUS FRUIT DESSERTS LIKE BERRIES.

EAT SLOWLY AND CHEW THOROUGHLY TO AID DIGESTION.

## ~ Foods to Avoid ~ Triggers That Aggravate Acid Reflux ~

### CITRUS FRUITS

(Oranges, Lemons, Grapefruits)  
These fruits are highly acidic & increase stomach acid production, worsening reflux symptoms.

### TOMATOES & TOMATO-BASED PRODUCTS

Tomatoes are acidic & can irritate the esophagus lining.

### CHOCOLATE

Contains caffeine & theobromine, which relax the lower esophageal sphincter (LES), allowing stomach acid to reflux into the esophagus.

### MINT

Can relax the LES & increase the frequency of acid reflux episodes, contributing to discomfort.

### SPICY FOODS

Spices can irritate the esophagus & increase stomach acid production, exacerbating reflux symptoms.

### FRIED FOODS

Fried foods, due to their high fat content, slow down stomach emptying & raise the chances of experiencing episodes of acid reflux.

### GARLIC & ONIONS

Garlic & onions are known to trigger reflux in certain individuals because they contain compounds that can relax the lower esophageal sphincter (LES).

### CAFFEINE

Caffeine: Found in coffee, tea, & sodas, caffeine relaxes the LES & stimulates acid production, worsening reflux.

### ALCOHOL

Can relax the LES & increase stomach acid production, contributing to the frequency & severity of reflux symptoms.

### CARBONATED BEVERAGES

Cause bloating & increase pressure on the LES, promoting acid reflux & discomfort.

### HIGH-FAT DAIRY PRODUCTS

Products such as cheese, whole milk, & cream can trigger symptoms by increasing stomach acid production & aggravating reflux.

### PEPPERMINT

Like mint, peppermint can relax the LES & exacerbate symptoms of acid reflux.

### PROCESSED SNACKS

Processed snacks like chips & crackers are high in fats & additives, & can trigger reflux episodes & discomfort.

### BUTTER & OILS

High-fat content in butter & oils can exacerbate symptoms of acid reflux.

### NUTS

Certain nuts like walnuts & almonds are high in fat & may trigger reflux in sensitive individuals.

### BACON & SAUSAGES

High-fat meats with added spices can increase acid production & trigger reflux symptoms.

### ICE CREAM

High-fat content slows digestion & may lead to increased acid reflux symptoms.

### PASTRIES

Pastries like doughnuts & croissants are high in fat & sugar, & can worsen symptoms of acid reflux.

### ENERGY DRINKS

High in caffeine & sugar, energy drinks can exacerbate symptoms of acid reflux.

### FAST FOOD

Fast Foods like burgers & pizzas are high in fat & spices, fast food can increase stomach acid production & trigger reflux symptoms.

### VINEGAR

Including vinegar-based products, they are acidic & can irritate the esophagus, worsening reflux symptoms.

### SALSA

Contains tomatoes & spices, making it a potential trigger for symptoms of acid reflux.

### PICKLES

High in vinegar & salt, pickles can increase stomach acidity & worsen symptoms of reflux.

### CITRUS JUICES

Citrus Juices like orange Juice & lemonade are highly acidic, & can stimulate acid production & aggravate symptoms of reflux.

### CURRY

Spicy & rich in spices, curry dishes can exacerbate symptoms of acid reflux.

### CANNED SOUPS

Often high in sodium & preservatives, canned soups can trigger symptoms of acid reflux in some individuals.

### CHILI

Spicy & acidic, chili can irritate the esophagus & increase stomach acid production, worsening reflux.

### KETCHUP

Tomato-based & acidic, ketchup can irritate the esophagus & contribute to increased reflux symptoms.

### MUSTARD

Contains vinegar & spices that can trigger symptoms of reflux in some individuals.

### HOT SAUCE

Contains spices that can irritate the esophagus & worsen symptoms of acid reflux.

### SOY SAUCE

High in sodium & often used in spicy dishes, soy sauce can irritate the esophagus & contribute to reflux symptoms.

### CORN CHIPS

High in fat & salt, corn chips can trigger symptoms of acid reflux.

### PEANUT BUTTER

High-fat content in peanut butter can relax the LES & lead to symptoms of reflux.

### JALAPEÑOS

Spicy peppers like jalapeños can irritate the esophagus & increase acid production, exacerbating reflux symptoms.

### HORSERADISH

Contains strong flavors & spices that may aggravate symptoms of acid reflux.

### BARBECUE SAUCE

Often contains tomatoes, spices, & sugar, barbecue sauce can trigger symptoms of reflux due to its acidic & spicy nature.

## ~ Here are three lifestyle tips to help relieve symptoms of acid reflux ~

### Maintain a Healthy Weight

Excess weight exerts pressure on the abdomen, which can force stomach contents upwards into the esophagus. This pressure can weaken the lower esophageal sphincter (LES), allowing stomach acid to reflux. By adopting a balanced diet & incorporating regular exercise, you not only manage weight but also strengthen abdominal muscles. This dual approach helps alleviate pressure on the LES, reducing the likelihood of acid reflux & promoting overall digestive health.

### Practice Good Posture

Sitting or standing upright ensures that gravity can help keep stomach acids where they belong – in the stomach. When you slouch or lie down immediately after eating, it can compress the stomach & put undue pressure on the LES, leading to reflux. Maintaining good posture throughout the day, especially during & after meals, supports optimal digestion. This simple adjustment can significantly reduce the frequency and severity of acid reflux symptoms, promoting comfort & digestive efficiency.

### Improve Sleeping Habits

Elevating the head of your bed by 6 to 8 inches creates a slight incline that helps prevent stomach acid from flowing back into the esophagus while you sleep. This elevation utilizes gravity to keep acids in the stomach where they belong, reducing the likelihood of nighttime reflux. Additionally, sleeping on your left side can further aid in minimizing reflux. It allows the stomach to remain below the esophagus, promoting natural digestion. Integrating these adjustments into your sleep routine supports restful sleep.