



The Reflux Relief Guide - Food List



BLUE

EAT MOSTLY

low acid or low trigger

Beverages: alkaline water, chamomile tea, green tea, non-carbonated water

Dairy: milk (cow's, goat's)

Eggs

Grains and cereals: whole, rice, oats, wheat

Fruit cantaloupe, coconut, honeydew, rockmelon

Herbs & spices: basil, coriander, oregano, parsley, rosemary, thyme

Nuts and seeds (small portions): almonds, Brazil nuts, chestnuts, dukkah mix, hazelnuts, macadamias, peanuts, pine nuts, pumpkin seeds, sunflower seeds

Plant-based milks: almond, coconut, rice, soy

Seafood: fresh fish, some canned (varies)

Teas: chamomile, green

Vegetables: carrot (varies), corn, cucumber (varies), lettuce, peas, soy bean or tofu, spinach, zucchini

YELLOW

EAT A LITTLE

mildly acidic or mild trigger

Alcohol: gin, whisky (*low acid, trigger*)

Beverages: black tea

Dairy: (varies) camembert (*low acid, high fat*), cheddar, cottage cheese, feta, kefir, mozzarella, parmesan

Fruit: avocado, banana, coconut, figs, olives (black, ripe), papaya, watermelon

Grains and cereals: barley, processed breakfast cereals

Herbs & spices: ginger, garlic five spice, lemongrass, marjoram, tarragon, turmeric

Meats: beef, lamb, pork

Nuts (varies): cashews, pistachios, walnuts

Poultry: chicken, duck, turkey

Sauces: soy sauce (varies)

Seafood: oysters, canned fish (varies)

Vegetables: broccoli, cabbage, cauliflower, carrot (varies), celery, chickpeas, cucumber (varies), lentils, mushrooms, onion, peas (canned), potato, pumpkin, sweet potato

RED

AVOID

highly acidic or strong trigger

Alcohol: beer, champagne, wine (*acidic, trigger*)

Beverages: carbonated or sparkling water and beverages, coffee, fruit juice, kombucha, lemon tea

Chocolate (*high fat, trigger*)

Dairy: (*high fat*) cream, thickened cream, large amounts of cheddar

Fats and oils: large portions of oily or fatty food (cream-based meals, coconut milk, deep fried foods, large portions of nuts)

Fruit, apple, apricots, berries, lemon, lime, mango, oranges, pear, pineapple

Herbs & spices (*low acid, triggers*): cayenne, chilli, curry

Preserved foods: kim chi, olives (green, fermented), pickled onions, sauerkraut

Sauces & dressings: curry, fish, mayonnaise, pesto, satay, soy sauce, tomato, vinegar

Vegetables: capsicum, peppers, tomato

Other triggers: mint (peppermint, spearmint)