



# Comfort Food: The Mini-Guide to Reflux-Friendly Food

## 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:** avocado, cantaloupe, coconut, honeydew, rockmelon

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

**Nuts and seeds** (varies; in small portions): almonds, Brazil nuts, cashews, chestnuts, dukkah mix, hazelnuts, macadamias, peanuts, pistachios, pine nuts, pumpkin seeds, sunflower seeds

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

**Seafood:** fresh fish, some canned (varies)

**Teas:** chamomile, green

**Vegetables:** broccoli, cabbage, carrot (varies), chickpeas, corn, cucumber (varies), lettuce, mushrooms, peas, lentils, 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:** camembert (*low acid, high fat*), cheddar, mozzarella, parmesan

**Fruit:** 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): walnuts

**Poultry:** chicken, duck, turkey

**Sauces:** soy sauce (varies)

**Seafood:** oysters, canned fish (varies)

**Vegetables:** cauliflower, carrot (varies), celery, cucumber (varies), 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:** feta, cottage cheese, kefir, yoghurt

**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)