

FOODS THAT AGGRAVATE REFLUX

A wide variety of foods can aggravate reflux. They don't affect everybody in the same way. The most common foods are mentioned here. To find the culprit, you need to experiment. It is also important to watch for allergies to certain foods.

MISCELLANEOUS

- Chocolate - cheese
- molasses - red meat
- foods that have air such as cake & meringue
- drinking with a straw
- fatty fried or greasy foods
- excessive fiber
- high calorie foods

FRUITS

- Apples with peels
- bananas - oranges
- lemon - grapefruit
- lime - pineapple
- figs - coconut
- strawberries
- rhubarb

CONDIMENTS AND SPICES

- Chili powder
- honey - spearmint and peppermint (wintergreen OK)
- hot spices (herbs OK) - black pepper (white OK)
- ketchup - vinegars
- cream - creamy sauces / gravy / salad dressing

STARCHES

- Beans
- oatmeal
- tofu in large quantities
- pastries

DRINKS

- Coffee - milk
- tea - citrus juices
- alcoholic drinks
- caffeinated drinks
- carbonated drinks
- tomato juice

VEGETABLES

- Tomatoes - onions
- broccoli - cabbage
- Brussel sprouts
- cauliflower - turnips
- cucumber - kale
- corn - garlic

Suggestions to improve digestion

- Eat slowly
- Avoid extremely hot or cold foods
- Try a lactose-free diet
- Eat 3 to 6 small meals a day
- No liquids with meals. Wait 2-3 hours
- Loosen your belt or clothing
- Relax during meals
- Relax after meals but don't lie down
- Do not exercise or bend over after meals
- Consult a dietician for meal suggestions
- Lose excess weight

For Babies

- Keep the baby upright while eating
- Keep the baby upright 30 minutes after eating
- Burp thoroughly
- Avoid cigarette smoke
- Avoid tight diaper waistband
- Avoid car seats where the baby is reclined



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