

THESE FOODS ARE REFLUX FRIENDLY



FRUITS



Apples, Bananas, Cantaloupe, Pears, Peaches, Nectarines, Melon, Grapes, Apricots, Cherries, Berries and Plums

VEGETABLES

New Nomato Ketchup www.nomato.com



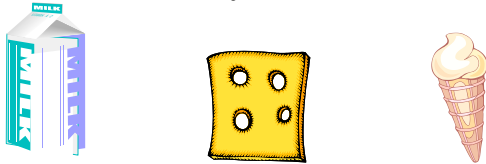
Asparagus, Beans, Beets, Broccoli, Carrots, Celery, Corn, Lettuce, Peas, Sweet Peppers, Potatoes, Spinach, Squash and Sweet Potatoes

BREADS AND CEREALS



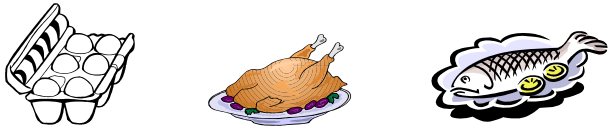
Bagels, Biscuits, Cake, Muffins, Oatmeal, Macaroni, Pancakes, Rice, Waffles, Bread and Dry Cereal

DAIRY PRODUCTS (Dairy does bother some patients)



Skim Milk (age > 2 years), Yogurt, Mild Cheese, Custard, Ice Cream and Frozen Yogurt

EGGS AND MEAT



Eggs, Lean Beef, Chicken, Lamb, Pork, Fish, Tuna, Turkey and Shrimp

BEVERAGES



Grape Juice, Water, Kool-Aid

THESE FOODS MAKE REFLUX WORSE



NO FAST FOODS/
CHINESE FOOD



FRUIT



Oranges, Tangerines and Grapefruits, Lemons and Limes (or their juices)

VEGETABLES



Tomatoes, Spaghetti Sauce, Taco Sauce, Salsa, Pizza Sauce, Hot Sauce, Ketchup, Potato Chips and French Fries (only if baked)

CHOCOLATE CANDY – CHOCOLATE DESSERTS OTHER CANDY



Chocolate candy, chocolate chip cookies, chocolate desserts, chocolate mints, chocolate cake any kind of chocolate, licorice, mints

DAIRY PRODUCTS



Chocolate Milk or Chocolate Ice Cream

MEAT



Chicken Fingers, Chicken Wings, Deep Fried Foods, Hot Dogs, Salami, Pepperoni, Sausage, Bologna, Ham, and Bacon

BEVERAGES



Carbonated Water, Orange/ Grapefruit Juice, Citrus Drinks, Chocolate Drinks, Teas (except herbal), Coffee, Soda Pop, Gatorade, and Power drinks