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HEARTBURN / GASTROESOPHAGEAL REFLUX DISEASE (GERD) DIET

Certain foods can aggravate your heartburn symptoms, and when planning your acid reflux diet, it's best to limit or avoid completely those foods and drinks that result in acid reflux. There are some foods that have little or no potential for causing heartburn.

The foods listed in the Table below are the most common foods that are usually pretty safe for heartburn sufferers to eat.

SAFE FOODS FOR THE ACID REFLUX DIET:

Food Group	Foods With Little Potential to Cause Heartburn
Fruit	<ul style="list-style-type: none"> • Apple, fresh • Apple, dried • Apple juice • Banana
Vegetables	<ul style="list-style-type: none"> • Baked potato • Broccoli • Cabbage • Carrots • Green beans • Peas
Meat	<ul style="list-style-type: none"> • Ground beef, extra-lean • Steak, London Broil • Chicken breast, skinless • Egg whites • Egg substitute • Fish, no added fat
Dairy	<ul style="list-style-type: none"> • Cheese, feta or goat • Cream cheese, fat-free • Sour cream, fat-free • Soy cheese, low-fat
Grains	<ul style="list-style-type: none"> • Bread, multi-grain or white • Cereal, bran or oatmeal • Corn bread • Graham crackers • Pretzels • Rice, brown or white • Rice cakes
Beverages	<ul style="list-style-type: none"> • Mineral water

Food Group	Foods With Little Potential to Cause Heartburn
Fats / Oils	<ul style="list-style-type: none"> • Salad dressing, low-fat
Sweets / Desserts	<ul style="list-style-type: none"> • Cookie, fat-free • Jelly beans • Red licorice • Potato chips, baked

Foods To Limit On The Acid Reflux Diet:

Food Group	Foods To Avoid
Fruit	<ul style="list-style-type: none"> • Orange juice • Lemon • Lemonade • Grapefruit juice • Cranberry juice • Tomato
Vegetables	<ul style="list-style-type: none"> • French fries • Onion, raw
Meat	<ul style="list-style-type: none"> • Ground beef, chuck • Marbled sirloin • Chicken nuggets • Buffalo wings
Dairy	<ul style="list-style-type: none"> • Sour cream • Milk shake • Ice cream • Cottage cheese, regular
Grains	<ul style="list-style-type: none"> • Macaroni and cheese • Spaghetti with sauce
Beverages	<ul style="list-style-type: none"> • Liquor • Wine • Coffee, decaffeinated or regular • Tea, decaffeinated or regular
Fats / Oils	<ul style="list-style-type: none"> • Salad dressing, creamy • Salad dressing, oil & vinegar
Sweets / Desserts	<ul style="list-style-type: none"> • Butter cookie, high-fat • Brownie • Chocolate • Doughnut • Corn chips • Potato chips, regular

Source: <http://heartburn.about.com/cs/dietfood/a/heartburnfoods3.htm>

FORM: Heartburn Gurd Diet Patient Information 1 26 16