

GERD Diet Food List

Patient Information

Name:

Date:

Relevant Information:

Foods That Help Prevent Acid Reflux

High-Fiber Foods:

- Whole Grains (e.g., oatmeal, couscous, brown rice)
- Root Vegetables (e.g., sweet potatoes, carrots, beets)
- Green Vegetables (e.g., asparagus, broccoli, green beans)

Alkaline Foods:

- Bananas
- Melons
- Cauliflower
- Fennel
- Nuts

Watery Foods:

- Celery
- Cucumber
- Lettuce
- Watermelon
- Broth-Based Soups
- Herbal Tea

Heartburn Home Remedies:

- Milk
- Ginger
- Apple Cider Vinegar and Apples
- Lemon Water

Additional Notes:

Additional Advice

Trigger Foods to Avoid

- Fried Food
- Fast Food
- Pizza
- Processed Snacks (e.g., potato chips)
- High-fat foods (e.g., fatty meats, bacon, sausage)
- High-Salt Foods
- Spicy Foods (e.g., chili powder, pepper)
- Tomato-Based Sauces
- Citrus Fruits
- Chocolate
- Peppermint
- Carbonated Beverages

Eating Advice:

- Encourage small, frequent meals instead of larger, heavier meals.
- Discourage late-night dinners and bedtime snacks.
- Emphasize moderation rather than complete elimination of trigger foods.
- Encourage maintaining a food diary to track symptoms and identify personal triggers.

Additional notes: