

What Can I Eat?

Diet for gastric reflux

The foods you eat affect the throat. Eating the right kinds of food is key to controlling inflammation. Below is a list of foods that are considered helpful for controlling throat inflammation and irritation. Focus on what you can do and eat (don't focus on what you shouldn't do or eat). Eat the largest meal in the morning, reasonably sized lunch, and smaller dinner. Avoid eating or drinking within 3 hours of laying down.

GRAINS	VEGETABLES*	ANIMAL BASED
Bagels and muffins (low-fat, non-fruit) Bread (all; e.g. whole-grain) Cereals (all; e.g. whole-grain) Crackers (all; e.g. whole-grain) Flaxseed Graham crackers Oatmeal Pasta (with <u>non</u> acidic sauce) Quinoa Rice (all; e.g. brown rice)	Aloe vera Artichoke Asparagus Avocado Bean (black, red, green, lima, soy, etc) Broccoli Brussels sprout Cabbage (NOT sauerkraut) Carrots Cauliflower Celery Cucumber (NOT pickles) Corn Eggplant Leafy greens (spinach, kale, bok choy, chicory/endive, lettuce, collards, arugula) Leeks Lentils Mushrooms / truffle Okra Olive, black or ripe -NOT green/fermented Pea, chickpea Potatoes / Sweet potatoes Tofu Turnip Yams Zucchini <u>LIMIT</u> - bell pepper (max 1 per week)	Chicken Egg (whites and limit yolk) Fish Shellfish Turkey breast <u>LIMIT</u> - Dairy (try low fat or soy/almond)
FRUITS* Bananas Date Fig Coconut Green/Unripe mango (NOT ripe) Melon (honeydew/casaba, cantaloupe, watermelon, etc.) Papaya		CONDIMENTS / TOPPINGS Ginger (root, powdered, or preserved) Herbs (e.g. basil, chive, parsley, fennel) <u>LIMIT</u> - Artificial sweeteners (<2 tsp/day) - Honey, Maple syrup, Caramel - Olive oil (<2 tbsp/day) - Soy sauce - Vinaigrette (<1 tbsp/day) - (most salad dressing have vinegar)
BEVERAGES Tea (chamomile or chrysanthemum) Water (or alkaline water) <u>LIMIT</u> - Coffee (max 1 per day) - Dairy (try low fat or soy/almond)		OTHER Baby food (avoid Ascorbic Acid added) Chicken stock or bouillon/broth Popcorn (plain or salted, no butter) Soups (homemade; noodles + vegetables) <u>LIMIT</u> – Nuts, peanut butter, chocolate

* "Culinary" fruits / vegetables (NOT botanical defined fruits/vegetables. Botanical fruits include cucumber, corn, eggplant, tomato, avocado, pea, & bean)

Try to **AVOID** foods that are acidic and irritating to the throat. Some foods and drinks have acid levels as strong as stomach acid such as lemon, grapes, orange juice, cola (Pepsi/Coke), Gatorade, vinegar, chili, and wine!!

<p style="text-align: center;">FRUITS*</p> <p>AVOID . . . Fruits, berries, & citrus (fresh or dried) . . . including apple, apricots, blackberry, blueberry, cherries, cranberry, grape, grapefruit, lemon, lime, mangoes, nectarine, orange, peach, pear, persimmons, pineapple, plum/prune, pomegranate, raspberry, strawberry, tamarind</p>	<p style="text-align: center;">VEGETABLES*</p> <p>AVOID . . . Garlic, onion, peppers, pickles, rhubarb, tomato</p> <p style="text-align: center;">ANIMAL BASED</p> <p>AVOID . . . Fried or processed meat</p> <p style="text-align: center;">BEVERAGES</p> <p>AVOID . . . Alcohol (beer, liquor, wine), Carbonated soda/water, Juices (fruit or citrus)</p>	<p style="text-align: center;">CONDIMENTS / TOPPINGS</p> <p>AVOID . . . Chili, citrus, curry, garlic, ketchup, mustard, mayo pepper/pimento, salsa, spicy, tomato sauce, vinegar</p> <p style="text-align: center;">OTHER</p> <p>AVOID . . . Vitamin C, Mint (peppermint, spearmint)</p>
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