

HEARTBURN / REFLUX DIET

Food Group	Foods With Little Potential to Cause Heartburn / OK TO EAT
Fruit	<ul style="list-style-type: none"> • Apple, fresh • Apple, dried • Apple juice • Banana
Vegetables	<ul style="list-style-type: none"> • Baked potato <ul style="list-style-type: none"> • Broccoli • Cabbage • Carrots • Green beans <ul style="list-style-type: none"> • Peas
Meat	<ul style="list-style-type: none"> • Ground beef, extra-lean • Chicken breast, skinless <ul style="list-style-type: none"> • Egg whites • Egg substitute <ul style="list-style-type: none"> • Fish
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 <ul style="list-style-type: none"> • Corn bread • Graham crackers <ul style="list-style-type: none"> • Pretzels • Rice, brown or white <ul style="list-style-type: none"> • Rice cakes
Beverages	<ul style="list-style-type: none"> • Mineral water
Fats / Oils	<ul style="list-style-type: none"> • Salad dressing, low-fat
Sweets / Desserts	<ul style="list-style-type: none"> • Cookie, fat- free <ul style="list-style-type: none"> • Jelly beans • Red licorice • Potato chips, baked

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Food Group	Foods To Be Consumed With Discretion
Fruit	<ul style="list-style-type: none"> • Apple cider • Peaches • Blueberries • Raspberries • Strawberries • Grapes
Vegetables	<ul style="list-style-type: none"> • Garlic • Onion, cooked • Leeks • Sauerkraut • Scallions
Meat	<ul style="list-style-type: none"> • Ground beef, lean • Chicken salad • Scrambled eggs, plain • Eggs, fried • Fish, fried • Tuna salad • Hot dog, beef or pork • Ham
Dairy	<ul style="list-style-type: none"> • Yogurt • Milk, 2 percent or skim • Frozen yogurt • Cottage cheese, low-fat • Cheddar cheese • Mozzarella cheese
Grains	<ul style="list-style-type: none"> • Bread • Muffin • Granola cereal
Beverages	<ul style="list-style-type: none"> • Non-alcoholic wine • Beer • Non-alcoholic beer
Fats / Oils	<ul style="list-style-type: none"> • Ketchup
Sweets / Desserts	<ul style="list-style-type: none"> • Cookie, low-fat

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Food Group	Foods To Avoid / DO NOT EAT
Fruit	<ul style="list-style-type: none"> • Orange juice <ul style="list-style-type: none"> • Lemon • Lemonade • Grapefruit juice • Cranberry juice <ul style="list-style-type: none"> • Tomato
Vegetables	<ul style="list-style-type: none"> • Mashed potatoes • 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 <ul style="list-style-type: none"> • Brownie • Chocolate • Doughnut • Corn chips • Potato chips, regular