

Item	Foods Allowed	Foods Not Allowed
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Potatoes –Baked, boiled, and mashed without added fat</li> <li>• Plain fresh, frozen, and canned vegetables prepared without added fat</li> </ul>	<ul style="list-style-type: none"> <li>• French-fried potatoes, potato chips</li> <li>• Fried or creamed vegetables</li> <li>• Tomato and tomato products. Tomato juice, V-8 juice ®</li> <li>• Onions, garlic</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Fruit juices/fruit –fresh, frozen, and canned fruits, except those in “Foods Not Allowed” section</li> </ul>	<ul style="list-style-type: none"> <li>• Orange, lemon, tangerine, pineapple, grapefruit, lime</li> <li>• Orange, lemon, pineapple, grapefruit or 5 citrus juices or drinks</li> </ul>
<b>Salads</b>	<ul style="list-style-type: none"> <li>• All except those in “Foods Not Allowed” section</li> </ul>	<ul style="list-style-type: none"> <li>• Salads without onion, tomato or spicy salad dressings</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>• Plain bread</li> <li>• Dinner rolls</li> <li>• Cereals</li> <li>• Low fat granola</li> <li>• Crackers</li> <li>• Pancakes, waffles, biscuits, French toast, and muffins made with low fat ingredients</li> <li>• Bagels, corn tortillas</li> <li>• Rice</li> <li>• Plain pasta, pasta with low-fat cream sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Breads and cereals prepared with high fat ingredients such as croissants, biscuits, doughnuts, sweet rolls, muffins, and granola</li> <li>• Pastas served with cream sauces and tomato-based sauces</li> </ul>
<b>Milk &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>• Skim, 1% or 2% milk, low fat buttermilk, low fat or fat free yogurt</li> <li>• Low-fat Cheese less than 20% MF, cheese slices made with 2% milk</li> <li>• Low-fat cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Whole milk, Chocolate milk, Milkshakes</li> <li>• Regular Processed cheese (slices, spreads &amp; sauces)</li> <li>• Regular yogurt</li> <li>• Regular Cottage Cheese</li> <li>• Regular Cheese &gt;20% MF</li> </ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>• Lean and plain unbreaded meats</li> <li>• Lean beef- example: Sirloin roast, roast beef, sirloin steak, lean and extra lean ground beef</li> <li>• Skinless Poultry –(skin removed before cooking) –example: chicken breast</li> <li>• Fish (fresh or water-packed)</li> <li>• Lean pork –examples: pork loin</li> </ul>	<ul style="list-style-type: none"> <li>• Fried, or breaded, and seasoned meats: poultry, pork, veal, fish or eggs.</li> <li>• Organ meats</li> <li>• Regular luncheon meats, wieners, sausages</li> </ul>

Item	Foods Allowed	Foods Not Allowed
	<ul style="list-style-type: none"> <li>• Low fat luncheon meats –ham, turkey, chicken, roast beef, lean corned beef</li> <li>• Dried beans, legumes, lentils, peas</li> <li>• Eggs</li> <li>• Peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• Fatty meats –examples: bacon, bologna, salami, summer sausage, garlic sausage</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>• Fat-free broths, homemade soups made with lean meat, skim or 1% milk, vegetables (except tomato, onions &amp; garlic)</li> </ul>	<ul style="list-style-type: none"> <li>• Regular creamed and tomato based soups</li> </ul>
<b>Oils &amp; Fats</b> (Limit fat intake to 2 – 3 Tbsp. per day)	<ul style="list-style-type: none"> <li>• Vegetable Oils- canola, olive, soybean</li> <li>• Non-hydrogenated margarine</li> <li>• Low fat salad dressings</li> <li>• Mayonnaise or Miracle Whip®</li> <li>• Low fat sour cream.</li> <li>• Low fat cream cheese</li> <li>• Fat free gravy</li> </ul>	<ul style="list-style-type: none"> <li>• Gravies, heavy cream, meat drippings</li> <li>• Regular sour cream</li> <li>• Cream cheese</li> <li>• Palm, kernel, or coconut oil</li> </ul>
<b>Desserts &amp; Sweets</b>	<ul style="list-style-type: none"> <li>• Jell-O ®</li> <li>• Fruit-based desserts with allowed ingredients</li> <li>• Sherbet, low fat ice cream, frozen yogurt</li> <li>• Puddings or custards made with 1% milk</li> <li>• Sugar, honey, jam, jelly, molasses, maple syrup, hard candy, marshmallows</li> <li>• Homemade desserts made with allowed ingredients. Examples: Angel food cake, sponge cake, low fat cookies with less than 3 g fat per serving</li> </ul>	<ul style="list-style-type: none"> <li>• Commercial baked desserts</li> <li>• All other pies, cookies, and cakes, made with foods/ingredients to avoid.</li> <li>• Ice Cream</li> <li>• Cream filled candies.</li> <li>• Chocolate</li> <li>• Coconut</li> </ul>
<b>Fluids</b>	<ul style="list-style-type: none"> <li>• Decaffeinated coffee and tea</li> </ul>	<ul style="list-style-type: none"> <li>• Caffeinated beverages: cola/carbonated beverages, mint tea, regular coffee and tea</li> <li>• Alcoholic beverages</li> <li>• Citrus juices, tomato juice</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Salt, oregano, sage, pepper, other spices &amp; herbs as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Spearmint, peppermint, chili and jalapeno peppers</li> </ul>

**Notes:** These are guidelines, trigger foods for reflux may vary from individual to individual.

**References:**

- Managing Heartburn - Dietitians of Canada - Practice Based Evidence in Nutrition (PEN) 2008
- Eating Guidelines for Managing Reflux – Dietitians of Canada - Practice Based Evidence in Nutrition (PEN), (2016)