

GERD Diet Food List

Patient Information	
Name:	
Date:	
Relevant Information:	

Foods That Help Prevent Acid Reflux	
High-Fiber Foods:	<ul style="list-style-type: none">• 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:	<ul style="list-style-type: none">• Bananas• Melons• Cauliflower• Fennel• Nuts
Watery Foods:	<ul style="list-style-type: none">• Celery• Cucumber• Lettuce• Watermelon• Broth-Based Soups• Herbal Tea
Heartburn Home Remedies:	<ul style="list-style-type: none">• 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: