

Acid Reflux Diet – Foods to avoid

The foods listed on this acid reflux diet plan are individual. Some people may be able to tolerate tomatoes but are unable to have mints, or vice versa. You will have to try for yourself to see which particular foods are problematic for you.

- Alcohol
- Chocolate
- Carbonated Beverages
- Mints (Peppermint/Spearmint)
- Citrus
- Tomatoes
- Spicy foods (any sort of hot foods)
- Coffee (including decaf)
- High-fat foods
- Dairy – all kinds and also lactose can cause a lot of digestive distress

Your physician is the best source of information for questions and concerns related to your medical problem. No two patients are exactly alike and recommendations vary from one person to another. It is important to seek guidance from a physician who is familiar with your individual situation and takes into account your health status and lifestyle.