

# Dr. Pressman's Acid Reflux Diet Plan

Dr. Alan Pressman's Acid Reflux Diet Plan is intended to educate those who suffer with Acid Reflux by making smart nutritional decisions, which may help to alleviate symptoms.



FOOD GROUP	SAFE FOODS Foods with little potential to cause reflux	MODERATION Foods to consume only occasionally	FOODS TO AVOID Foods LIKELY to cause reflux
<b>Fruits</b>	Apple Banana Pear Grapes Papaya Cantaloupe Watermelon Honeydew	Peach Blueberries Raspberries Strawberries Mango Cherries	Citrus Fruit Orange Grapefruit Tomato Lemon (or lemon flavors)
<b>Vegetables</b>	<i>(Most prepared without fat)</i> Baked Potato Broccoli Cabbage Green Beans Salad Greens Carrots Zucchini Yams Peas	Garlic Scallions Onions (Cooked) Mashed Potatoes	French Fries Onion Rings Onions (Raw) Fried Vegetables Au Gratin Potatoes Creamed Vegetables
<b>Meats</b>	Ground Beef (Extra Lean) Lean Steak (London Broil) Egg Whites Egg Substitute Fish (No Added Fat) Chicken or Turkey	Ground Beef (Lean) Chicken or Tuna Salad Eggs (Boiled or Scrambled) Hot Dog (Beef or Pork) Ham Sausage (Chicken or Turkey)	Steak (Marbled) Pork Sausage Chicken Nuggets Ground Beef (Chuck) Fried Meats (All Types) Buffalo Wings Cheeseburger
<b>Dairy</b>	Cheese (Feta or Goat) Cream Cheese (Fat-free) Sour Cream (Fat-free) Cottage Cheese (Fat-free) Yogurt & Milk (Fat-free)	Yogurt (Low-Fat) Milk (2%) Cottage Cheese (Low-fat) Cheddar Cheese Mozzarella Cheese	Sour Cream Ice Cream Milkshake Cottage Cheese (Regular) Whole Milk Whole Yogurt
<b>Grains</b>	Bread (Multi-grain or White) Most Plain Cereals Most Grains (Rice Kasha, Quinoa) Corn Bread Graham Crackers	Garlic Bread Muffins Granola Cereals Bagels	Pizza Maccaroni & Cheese Pasta with Tomato or Cream Sauce Nuts
<b>Beverages</b>	Water Apple Juice Flavored Water (Non-Citrus) Many Herbal Teas (No Citrus or Mint)	Apple Cider Orange Juice (Low Acid) Non-Alcoholic Wine Root Beer Cola (Caffeine Free) Tea (Decaffeinated)	Liquor Wine Beer Soda Hot Chocolate Tea Coffee
<b>Fats/Oils Condiments</b>	Low or No-Fat Salad Dressing Non-Stick Cooking Spray Fat-Free Mayo	Ketchup Mustard Avocado Olives Soy Sauce Low-Fat Mayo	Creamy Salad Dressing Oil & Vinegar Dressing Regular Mayo
<b>Sweets Desserts Snacks</b>	Graham Crackers Angel Food Cake Pretzels Jelly Beans Sherbet (Non-Citrus) Red Licorice Jello	Cookies (Reduced Fat) Frozen Yogurt Potato Chips (Baked) Pudding (with Skim Milk) Ice Cream (Low-fat)	Chocolate Mint Cookies (High-Fat) Potato Chips Doughnuts Cakes Brownies