

BEST & WORST FOODS

FOR ACID REFLUX



THE GERD CHEF



INTRODUCTION

Changing your diet is one of the most important parts of treating GERD. And feeling lost after being diagnosed while attempting to navigate through this new way of eating is completely normal.

As stated in microbiologist, Norm Robillard's ebook, acid reflux is often caused by an overgrowth of gas-producing bacteria in the small intestine. Carbohydrates fuel these bacteria, so going on a diet low in hard-to-digest carbs is shown to control bacteria overgrowth, in turn improving or even eliminating GERD symptoms.

There isn't a one-size-fits-all diet for acid reflux, so try not to get discouraged if something listed bothers you. We are all unique in what we can tolerate. You know your body the best, so follow your gut.



FOODS TO AVOID

In general, anything that is fatty, acidic or highly caffeinated should be avoided. The worst foods for acid reflux list includes:

- hard-to-digest carbohydrates
 - fructose
 - lactose
 - resistant starch
 - fiber
 - sugar alcohols (except erythritol)
- most grains (except for jasmine rice and puffed rice)
- legumes (occasionally, in moderation is usually best for legumes)
- alcohol
- caffeine
- carbonated drinks
- tomatoes
- raw onions
- raw garlic
- processed sugar

- most fruit (except for berries, apples, and melon in moderation)
- peppermint
- chocolate
- fried food
- late night snacks: Avoid eating anything in the two hours before you go to bed

FOR MANY PEOPLE IT IS BENEFICIAL TO ALSO AVOID:

- gluten
- dairy
- eggs

As symptoms improve, plan to slowly reintroduce certain foods to determine your tolerance levels.



BEST FOODS

- quality meats
 - fish
 - chicken
 - turkey
 - beef
 - pork
- leafy greens
 - arugula
 - watercress
 - spinach
 - kale
 - collard
 - lettuce
- low carb veggies
 - asparagus
 - mushrooms
 - zucchini
 - broccoli
 - cauliflower
 - olives
 - brussels sprouts
 - cabbage
 - cucumber



BEST FOODS

- potatoes and sweet potatoes in moderation
- some fruit
 - cantaloupe
 - honeydew melon
 - watermelon
 - apple (peeled and in moderation)
- healthy fats
 - nut butter (cashew and sunflower seed butter are my favorites)
 - coconut
 - olive oil
 - avocado (in moderation)
- herbs and spices
 - basil
 - cilantro
 - oregano
 - thyme
 - sage
 - dill
 - rosemary



BEST FOODS

- cumin
- turmeric
- pink himalayan sea salt
- herbal teas
 - chamomile w/ a little raw honey
 - licorice
 - turmeric
 - ginger
 - collagen - drink [homemade bone broth](#) or add collagen peptides to your diet

CONCLUSION

It can be really disheartening having to let go of so many foods. It was for me and still is at times. However, I've found that after a while, I started to fall in love with the way I was feeling, and even developed a whole new/different relationship with food; one that makes me feel empowered, rather than guilty.

We hope you find this list helpful and of course, go to the [blog](#) for amazing reflux friendly recipes plus health tips and a community of encouragement.

Disclaimers:

I am not a doctor and this download is not to be used as medical advice, diagnosis or treatment. Please consult a doctor before starting a new diet or taking any new dietary supplements.