















<p>THESE FOODS ARE REFLUX FRIENDLY</p> 	<p>THESE FOODS MAKE REFLUX WORSE</p> 
<p>FRUIT</p>  <p>Apples, Bananas, Cantaloupe, Pears, Peaches, Nectarines, Melon, Grapes, Apricots, Cherries, Berries and Plums</p>	<p>FRUIT</p>  <p>Oranges, Tangerines and Grapefruits, Lemons</p>
<p>VEGETABLES</p>  <p>Asparagus, Beans, Beets, Broccoli, Carrots, Celery, Corn, Lettuce, Peas, Sweet Peppers, Potatoes, Spinach, Squash and Sweet Potatoes</p>	<p>VEGETABLES</p>  <p>Tomatoes, Spaghetti Sauce, Taco Sauce, Salsa, Pizza Sauce, Hot Sauce, Ketchup, Potato Chips and French Fries</p>
<p>BREADS & CEREALS</p>  <p>Bagels, Biscuits, Cake, Muffins, Oatmeal, Macaroni, Pancakes, Rice, Waffles, Bread and Dry Cereal</p>	<p>CANDY & CHOCOLATE DESSERTS</p>  <p>Chocolate candy, chocolate chip cookies, chocolate desserts, chocolate mints, chocolate cake, any kind of chocolate, licorice, mints</p>
<p>DAIRY PRODUCTS</p>  <p>Milk (1-2%), Yogurt, Mild Cheese, Custard, Ice Cream</p>	<p>DAIRY PRODUCTS</p>  <p>Chocolate Milk or Chocolate Ice Cream</p>
<p>EGGS & MEAT</p>  <p>Eggs, Lean Beef, Chicken, Lamb, Pork, Fish, Turkey, Tuna and Shrimp</p>	<p>MEAT</p>  <p>Deep Fried Foods, Chicken Fingers, Chicken Wings, Hot Dogs, Salami, Pepperoni, Sausage, Bologna, and Ham</p>
<p>BEVERAGES</p>  <p>Apple Juice, Grape Juice, Water, Kool-Aid</p>	<p>BEVERAGES</p>  <p>Carbonated (Soda Pop), Orange/Grapefruit Juice, Citrus Drinks, Chocolate Drinks, Tea and Coffee, Gatorade, Lemonade</p>