# Acid reflux food list

Tick what you eat, then note what bothers you. Built from public sources, consulted 2026-10-11.

## Often tolerated

- [ ] Lean meats: chicken, fish, lean beef or pork (grilled, baked)
- [ ] Vegetables
- [ ] Non-citrus fruit: bananas, berries, melons
- [ ] Whole grains: oatmeal, brown rice, whole-wheat bread
- [ ] Beans and lentils
- [ ] Egg whites
- [ ] Lower-fat dairy

Source: Cleveland Clinic, GERD diet (21 May 2025)

## Often limited

- [ ] Fried and high-fat foods, fatty meats
- [ ] Citrus fruit, tomato products
- [ ] Onion, garlic, coffee
- [ ] Spicy food
- [ ] Chocolate, peppermint
- [ ] Carbonated drinks, alcohol
- [ ] High-fat dairy

Source: Cleveland Clinic, GERD diet (21 May 2025)

## Test one at a time

- [ ] One limited food, small portion, then wait
- [ ] Write down what, how much, when
- [ ] Smaller meals
- [ ] No lying down right after eating
- [ ] Bring a food diary to your doctor

Sources: Harvard Health (reviewed 20 Jul 2023); Cleveland Clinic. Triggers differ from person to person.

## My notes

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- [ ]
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- [ ]
- [ ]
- [ ]

Informational only, not medical advice. Individual triggers differ: talk to your doctor or dietitian. A food diary helps you spot your own triggers.