



## REFLUX TREATMENT RECOMMENDATIONS

(Laryngopharyngeal Reflux – stomach acid in your throat)

1. **FOODS TO AVOID -**
  - A) Caffeinated products (coffee, tea, ice tea, soda)
  - B) Chocolate
  - C) Mint products (breath mints, strips, gum, etc.)
  - D) Alcoholic beverages
  - E) Spicy or highly seasoned foods
  - F) Tomatoes and tomato products (sauces, pizza, etc.)
  - G) Garlic and Onion
  - H) Acidic citrus fruits/juices (orange juice, V-8, etc.)
  - I) Carbonated beverages (soda, seltzer)
2. **DO NOT EAT** a meal or snack within **2 HOURS** of bedtime.
3. Eat moderately sized portions, chewed well and consumed slowly.
4. Avoid wearing tight fitting clothing around the waist.
5. **Keep Hydrated** – drink six to eight 8 oz. glasses of fluid a day.
6. If you smoke, please **STOP**.

**Modification of your diet/lifestyle can help relieve your symptoms better than any medicine we can prescribe.**

**Reflux-ACCEPTABLE Foods (if cooked with mild herbs)****MEATS**

All tenderloin, Flank, T-Bone  
& Porterhouse Steak  
Rib & Rump Roast  
Liver  
Veal  
Chicken  
Capons & Cornish Hens  
Turkey  
Loin Pork Chops  
Pheasant  
Quail  
Venison

**FISH**

Sole  
Halibut  
Monk  
Tuna  
Bass  
Smoked fish  
Salmon  
Flounder  
Haddock  
Lobster  
Mackerel  
Perch  
Pike  
Shad  
Scallops  
Shrimp  
Trout

**POTATOES**

All red, white, sweet & yams  
(no canned potatoes)

**RICE**

All white, brown & gourmet

**SOUPS**

All non-tomato, use with  
discretion (creamed soups may  
cause excess mucus and/or  
reflux disorders)

**PASTA**

Pesto sauce  
White clam sauce only

**VEGETABLES & STARCHES**

Beets  
Carrots  
Eggplant (grilled or sautéed)

Kidney beans  
Lima beans  
String beans  
Spinach  
Artichokes  
Asparagus  
Brussel Sprouts  
Cauliflower  
Butternut Squash  
Delicata Squash  
Zucchini Squash  
(both yellow & green)  
Gourmet Squash  
Broccoli  
Parsnips  
Wax beans  
Brocco Flower

**SWEET FRUITS**

Bananas  
Dates  
Figs  
Raisins

Muscat grapes  
Thompson grapes  
Prunes  
Persimmons  
Melons  
Strawberries  
Raspberries  
Blueberries

Blackberries  
Sun-dried pears

**HERBS & SEASONINGS**

Basil leaves  
Bay leaves  
Chervil leaves  
Chives  
Cilantro leaves  
Dill Weed  
Marjoram  
Oregano (Mediterranean)  
Parsley Flakes  
Rosemary  
Sage  
Savory  
Tarragon Leaves  
Thyme  
Soy Sauce  
White pepper