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TRADITIONAL ANTI-REFLUX DIET AND LIFESTYLE MODIFICATION PROGRAM

Table 1: Traditional Anti-Reflux Diet and Lifestyle Modification Program

- If you use tobacco, you must quit, because smoking causes reflux.
- Do not wear clothing that is too tight, especially trousers, corsets, and belts.
- Avoid exercising, especially weight-lifting, swimming, jogging, and yoga after eating.
- Do not lie down just after eating; do not eat within 3 hours of bedtime. Elevate the head of your bed if you have night-time reflux symptoms (hoarse in the morning).
- Limit your intake of red meat, butter, cheese, eggs, and anything with caffeine. Completely avoid fried food, high-fat meats, onions, tomatoes, citrus fruits (including juice), carbonated beverages (soda), beer, hard liquor, wine, mints, and chocolate.

Table 2: Induction Reflux Diet

Agave	Honey
Aloe Vera	Melon (honeydew, cantaloupe, watermelon)
Artificial sweetener (2 tsp max daily)	Mushrooms (raw or cooked)
Bagels and non-fruit low-fat muffins	Oatmeal (all whole-grain cereals)
Banana (great snack food)	Olive Oil (2 TPSP max daily)
Beans (black, red, lima, lentils, etc)	Parsley
Bread (especially whole grain and rye crackers)	Pasta (with non-acidic sauce)
Caramel (4 Tbsp max weekly)	Pears (4 weekly max)
Celery (great snack food)	Popcorn (plain, salted, NO butter)
Chamomile tea (most others NOT acceptable)	Potatoes (all of the root veggies except onions)
Chicken (grilled, broiled, baked, steamed, NOT skin)	Soups (homemade)
Coffee (1 cup max daily; best with milk)	Tofu
Egg Whites	Turkey Breast (organic no skin)
Fennel	Rice (brown)
Fish (grilled, broiled, baked, steamed)	Turnip
Ginger (ginger root, powdered, or preserved)	Veggies (raw or cooked)
Herbs (excluding peppers, citrus, garlic, mustard)	Vinaigrette (1 TBSP daily max)
	Whole Grains (bread, crackers)