

DIETS FOR ESPHAGEAL REFLUX

FOOD GROUPS	FOODS PERMITTED	FOODS TO AVOID
<p style="text-align: center;">Beverages and Milk Products</p> <p style="text-align: center;">Permitted beverages contain negligible fat.</p>	<p style="text-align: center;">Cereal beverages Tea, decaffeinated tea Buttermilk made from skim milk Fruit drinks and punches (no citrus) Skim milk, 1% milk Yogurt made from skim milk</p>	<p style="text-align: center;">Carbonated beverages Buttermilk made from low fat or whole milk Cocoa, chocolate milk Coffee, decaffeinated coffee Citrus fruit drinks and punches 2% milk, whole milk Yogurt made from low fat or whole milk Alcohol</p>
<p style="text-align: center;">Breads</p> <p style="text-align: center;">Permitted breads contain negligible fat</p>	<p style="text-align: center;">Rye, cracked wheat, whole wheat or white bread Graham, saltine or soda crackers, melba toast Unbuttered popcorn, pretzel Dinner rolls, hard rolls, rice cakes</p>	<p style="text-align: center;">Biscuits, quick breads, muffins, pancakes, popovers, French toast, waffles All crackers other than those permitted Buttered popcorn</p>
<p style="text-align: center;">Cereals</p> <p style="text-align: center;">Permitted cereals contain negligible fat</p>	<p style="text-align: center;">All cereals, cooked or ready-to-eat, except chocolate flavored cereals and granola</p>	<p style="text-align: center;">Chocolate flavored cereals Granola</p>
<p style="text-align: center;">Desserts</p> <p style="text-align: center;">Permitted desserts contain negligible fat</p>	<p style="text-align: center;">Angel food cake, vanilla wafers Gelatin desserts Fruit ice, popsicles (no chocolate) Sherbet Puddings (no chocolate) made with skim milk and no egg yolks</p>	<p style="text-align: center;">Cakes, cookies, pastries, pies, and all other desserts containing chocolate, fat, or egg yolks Custard Ice Cream, ice milk Puddings made with low fat or whole milk</p>

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<p style="text-align: center;">Fats</p> <p>1 Serving from the fat group contains 5 grams of fat. Limit to _____ servings per day.</p>	<p>1 serving equals:</p> <ul style="list-style-type: none"> -1/8 avocado -1 strip bacon -1 teaspoon butter or margarine -2 tablespoons cream cheese or sour cream -2 tablespoons shredded coconut -2 tablespoons coffee cream or half and half -1 tablespoon whipped cream -1 tablespoon gravy -1 teaspoon oil or shortening -1 teaspoon mayonnaise -6 small nuts -2 large olives or 5 small olives -1-2 tablespoons 'Low Calorie' salad dressing, mayonnaise, or margarine (no tomato base) -2 teaspoons regular salad dressing (no tomato base) -Oil free salad dressings, as desired (no tomato based) 	<p>Any in excess of amount permitted</p> <p>Tomato based salad dressings</p>
<p>Fruit and Fruit Juices</p> <p>Permitted fruit and fruit juices contain negligible fats</p>	<p>All fruits and fruit juices except citrus products</p>	<p>Citrus fruits and fruit juices, i.e. grapefruit, lemon, lime, orange, tangelo, tangerine</p>

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<p>Meat, Eggs, Cheese</p> <p>Prepared without fat 1 serving contains 5 grams of fat. Limit to ____ servings per day</p>	<p>1 serving equals: -1 ounce lean beef, ham, lamb, liver, pork, or veal -1 ounce cheese -1/4 cup cottage cheese -2 ounce chicken or turkey, without skin -1 ounce duck or goose, without skin -1 egg -1/2 cup egg substitute -2 ounce fish or seafood -1/4 cup canned tuna fish or salmon, packed in water -1 tablespoon peanut butter -1/4 cup dried beans or peas</p>	<p>Fried cheese, eggs, fish, meat, or poultry Canned tuna fish or salmon packed in oil Frankfurters, luncheon meats, sausages Spareribs, corned beef, Highly seasoned meats, fish, or poultry</p>
<p>Potatoes and Substitutes</p> <p>Permitted potatoes and substitutes contain negligible fat</p>	<p>Macaroni, noodles, pasta, sweet or white potatoes, rice, prepared without added fat</p>	<p>Potato chips Au gratin, buttered or creamed noodles, potatoes or rice Chow mein noodles Fried potatoes or rice Highly seasoned sauces</p>
<p>Soups</p> <p>Permitted soups contain negligible fat</p>	<p>Bouillon (no tomato) Canned, dehydrated, frozen, or homemade broths and soups from which the fat has been skimmed off (no tomato) Soups made from dried beans and peas, prepared without added fat Homemade cream soups made with skim milk (no tomato)</p>	<p>Any soups to which fat has been added Commercially prepared cream soups Tomato based bouillon, broth, or soups Highly seasoned soups</p>
<p>Sweets</p> <p>Permitted sweets contain negligible fat</p>	<p>Hard Candy Gum drops, jelly beans, marshmallows, plain mints Jam, Jelly, preserves Sugar, honey, syrup, molasses</p>	<p>Candy made with chocolate, coconut, cream, or nuts Marmalade</p>

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<p style="text-align: center;">Vegetable</p> <p>Permitted vegetables contain negligible fat</p>	<p>All vegetables, prepared without added fat, except tomatoes and tomato products</p>	<p>Tomatoes and tomato products Au gratin, buttered, creamed, or fried vegetables</p>
<p style="text-align: center;">Miscellaneous</p> <p>Permitted items contain negligible fat; use in moderation and as tolerated</p>	<p>Mild flavored seasonings, spices, and sauces</p>	<p>Fried snack foods Barbecue, chili, seafood, cocktail and tomato based steak sauces Any food items not tolerated</p>