



# GERD: Food & Drinks to Avoid

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## ACIDIC FOODS

- Citrus fruits and juices (oranges, lemons, limes, grapefruit)
- Tomatoes and tomato-based products



## CAFFEINE

- Coffee, tea, energy drinks
- Some sodas
- Chocolate



## FATTY & FRIED FOODS

- Fatty meats
- Fried foods (french fries, fried chicken)



## ALCOHOL

- Beer
- Wine
- Liquor



## MINT

- Peppermint
- Spearmint



## CARBONATED DRINKS

- Sodas
- Sparkling water