

Heartburn (Acid Reflux) Triggers

- Heartburn symptoms of acid reflux disease often occur after meals
- Symptoms may also occur when you bend over or lie down soon after eating
- Avoid eating at least 2-3 hours before bedtime to help avoid symptoms

Foods to avoid that will help control acid reflux

- FRUITS: Orange juice, lemon, lemonade, grapefruit juice, cranberry juice, tomato
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- VEGETABLES: Mashed potatoes, French fries, onion- raw
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- MEAT: ground beef-chuck, marbled sirloin, chicken nuggets, buffalo wings
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- DAIRY: sour cream, milk shake, ice cream, cottage cheese
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- GRAINS: macaroni and cheese, spaghetti with sauce, corn chips, potato chips
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- BEVERAGES: liquor, wine, coffee, tea
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- FATS/OILS: creamy salad dressing, oil and vinegar dressing
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- DESSERTS: high-fat butter cookie, brownie, chocolate, doughnut