



IF I HAVE GASTROESOPHAGEAL REFLUX DISEASE...

What are the foods I can consume?¹

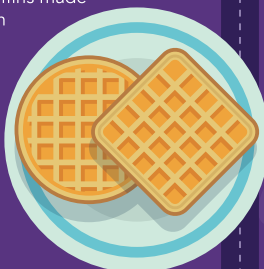
Milk and dairy product

Skim, low-fat (1%) milk, non-fat evaporated milk, low-fat yogurt, low-fat soy milk, cottage cheese.



Flours and/or carbohydrates

Bread (with or without whole wheat flour), inflated cereals and sugar-free cereals, cookies without filling, pancakes, waffles, muffins made with low-fat ingredients, corn tortillas, noodles, oatmeal.



Desserts

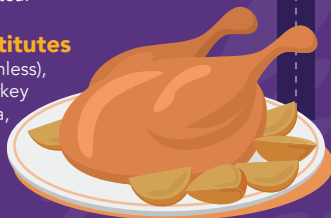
Angel cake (very soft cake), low cookies in fat, gelatin, fruit-based desserts, sorbet, fruit ice cream, pudding or custard with 1% or 2% fat or no fat at all.

Condiments/dressings

Salt, oregano, sage, pepper, other spices and herbs (as tolerated), decaffeinated coffee, decaffeinated tea, non-peppermint tea.

Meats and substitutes

Turkey or chicken (skinless), fish, white cheese, turkey ham, egg whites, tuna, cooked fresh ham, pork or veal chop, beef, ground meat and pork tenderloin.



Fruits

Apple, grape, pear, juice, apple, banana, peaches, strawberries, papaya, watermelon.



Vegetables

Fresh, frozen and canned vegetables prepared with no added fat.



Sweets

Sugar, honey, jam, jelly, molasses, maple syrup, hard candy, marshmallows



Fats

Low-fat dressings, low-fat mayonnaise, low-fat dry or liquid cream, low-fat cream cheese, light butter, and margarine (maximum: 8 teaspoons per day)



Soups

Fat-free broths, homemade soups made with lean meat and vegetables (except tomatoes), and soups made from skim or low-fat milk.



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Life



Reference: 1. Information consulted and obtained from Centro de Nutrición Larisa Pérez

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IF I HAVE GASTROESOPHAGEAL REFLUX DISEASE...

What are the foods *I should not* consume?¹

Dairy

Ice cream, yellow cheeses, whole milk or chocolate milk shakes.



Carbohydrates

Chocolate or any dessert with chocolate, pastries, cakes, doughnuts, cinnamon rolls, coconut, candies stuffed with cream or walnuts, creamy pastas, stuffed breads, croissants, pizza paste, mixed rice or granola cereals, fries or toasted potatoes.



Desserts

Cakes, cookies and cakes, ice cream, any dessert that contains chocolate frosting, whole milk pudding.

Condiments / Dressings:

Spices and herbs in tomato, chili and jalapeño based sauces, vinegar, carbonated beverages, caffeinated or mint-flavored coffee and/or tea, alcoholic beverages.



Meats and substitutes

Fried or breaded meats, e.g. fried chicken, nuggets, spicy chicken wings or fried fish



Fruits

Citrus fruits such as orange, lemon, tangerine, lime pineapple, juices from these fruits



Vegetables

Tomato sauces, creams or tomato soups, vegetables or canned vegetable juices.



Sweets

Coconut, cream-filled candies, nuts, chocolate, mint.



Fats

Butter, sweet cream, creamy sauces, dressings, bacon, regular cream cheese or seeds.



Soups

Regular cream and tomato based soups



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