

## Safe Foods for the Acid Reflux Diet

<b>Food Group</b>	<b>Foods With Little Potential to Cause Heartburn</b>
<b>Fruit</b>	<ul style="list-style-type: none"><li>• Apple, fresh</li><li>• Apple, dried</li><li>• Apple juice</li><li>• Banana</li></ul>
<b>Vegetables</b>	<ul style="list-style-type: none"><li>• Baked potato</li><li>• Broccoli</li><li>• Cabbage</li><li>• Carrots</li><li>• Green beans</li><li>• Peas</li></ul>
<b>Meat</b>	<ul style="list-style-type: none"><li>• Ground beef, extra-lean</li><li>• Steak, London Broil</li><li>• Chicken breast, skinless</li><li>• Egg whites</li><li>• Egg substitute</li><li>• Fish, no added fat</li></ul>
<b>Dairy</b>	<ul style="list-style-type: none"><li>• Cheese, feta or goat</li><li>• Cream cheese, fat-free</li><li>• Sour cream, fat-free</li><li>• Soy cheese, low-fat</li></ul>
<b>Grains</b>	<ul style="list-style-type: none"><li>• Bread, mult-grain or white</li><li>• Cereal, bran or oatmeal</li><li>• Corn bread</li><li>• Graham crackers</li><li>• Pretzels</li><li>• Rice, brown or white</li><li>• Rice cakes</li></ul>
<b>Beverages</b>	<ul style="list-style-type: none"><li>• Mineral water</li></ul>
<b>Fats / Oils</b>	<ul style="list-style-type: none"><li>• Salad dressing, low-fat</li></ul>
<b>Sweets / Desserts</b>	<ul style="list-style-type: none"><li>• Cookie, fat-free</li><li>• Jelly beans</li><li>• Red licorice</li><li>• Potato chips, baked</li></ul>