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Otolaryngology - Head & Neck Surgery

Diet/Lifestyle Changes for LPR/Reflux

Food and Drinks to Avoid: (also see Lists Below)

- 1) Fatty or Fried Foods
- 2) Alcohol
- 3) Chocolate
- 4) Coffee, Tea, Caffeinated soft drinks; also De-Caf (still has some caffeine)
- 5) Peppermint & Spearmint (avoid mints altogether)
- 6) Spicy Foods & Vinegar
- 7) Citrus Fruits & Juices (see lists)
- 8) Tomatoes & Tomato Sauces

Lifestyle Changes:

- 1) Don't Eat or Drink for 2-3 Hours Before Going to Bed
- 2) Avoid Lying Down after Meals
- 3) Elevate the Head of Your Bed 6-8 Inches with Books or Blocks
- 4) Avoid Tight Clothing Around your Abdomen
- 5) Avoid Straining, Prolonged Bending, or Constipation
- 6) Lose Weight (if you are overweight)

Food Lists:

Reflux-Acceptable Foods:

Meats:

- 1) All Tenderloin, Flank, Porterhouse, Rib Roast, Rump Roast, T-Bone, Liver, Veal, Chicken, Capons, Cornish Hens, Pison
- 2) All Turkey
- 3) Loin Pork Chops
- 4) Pheasant, Quail
- 5) Venison Fish:

Sole, Halibut, Monk, Bass, Smoked Fish, Salmon, Flounder, Haddock, Lobster, Mackerel, Perch, Pike, Shad, Scallops, Shrimp, Trout.

Potatoes:

All Red, White, Yams, Sweet. NO CANNED POTATOES.

Rice:

All White, Brown, Gourmets.

Soups:

All Non-Tomato, Used with Discretion. Creamed Soups May Cause Excess Mucous and/or Reflux Disorders.

Pasta:

Pesto Sauce, Garlic and Oil

Vegetables:

Beets, Carrots, Eggplant (Grilled or Sautéed Only), Kidney Beans, Lima Beans, String Beans, Squash-Buttercup, Acorn, Butternut, Delicata, Zucchini, Squash-both Green and Yellow, Gourmet Squash, Spinach, Artichokes, Asparagus.

Sweet Fruits:

Bananas, Dates, Figs, Raisins, Thompson and Muscat Grapes, Prunes, Sun Dried Pear, Persimmon, Melons, Strawberries, Raspberries, Blueberries, Blackberries

Herbs:

Basil Leaves, Bay Leaves, Chevril Leaves, Chives, Cilantro Leaves, Dill Weed, Majoram, Oregano Leaves (Mediterranean Only), Parsley Flakes, Rosemary Leaves, Sage Savory, Tarragon Leaves, Thyme

Herbal Teas:

Chamomile, Almond, Cinnamon, Peach, Cherry, Blueberry, Liquorices, Vanilla

Liquids:

Water, Cranberry Juice, Apple Juice Diluted with Water, and Herbal Teas

Miscellaneous:

Soy Sauce, White Pepper, Garlic
Coffee Substitutes: Coffree, Postum

Reflux Foods to AVOID:

Acidic Fruit:

Orange, Grapefruit, Pineapple, Pomegranate, Kiwi, Tomato, Lemon, Lime, Sour Apple, Sour Grape, Sour Peach, Sour Plum

Other Fruit:

Fresh Fig, Pear, Sweet Cherry, Papaya, Mango, Cherimoya, Sweet Peach, Sweet Apple, Apricot, Sweet Plum, Huckleberry, Mangosteen

Miscellaneous:

Cucumbers, Scallions, Onions, Radishes

Cuisine: (Avoid Spicy Meals in These Restaurants)

Japanese, Mexican, Thai, Chinese, Indian, Some Italian

**Patients with excess mucous are advised to reduce the intake of Dairy Products