



DENTON COMBS CENTER FOR EXCELLENCE IN CARE
5124 S Western Ave Sioux Falls SD 57108 • Phone: 605-274-3898 Fax: 605-274-3899

Reflux Diet

Try to eliminate or limit the following:

- Irritants: Caffeine, Carbonation, Alcohol, Nicotine, Ibuprofen, Aleve, Aspirin
- Acidic Foods: oranges, grapefruit, cranberries, pineapple, tomatoes, lemons, limes, and anything made from these
- High Fat Foods: anything deep fat fried, fatty cuts of meat, ice cream, whole milk, butter, some cheeses and some nuts
- Pepper group (for example: black pepper, chili powder, taco seasoning, Southwest, Southtex, Cajun, hot peppers, salsa, wings and tabasco sauce)
- Elevate the head of the bed 4 inches. (Put a 4x4 block of wood under wheels or headboard.)
- Don't eat or drink 2 hours before bed.
- Manage stress by using stress relievers.
- Take medications as directed.
- Prilosec, Prevacid, Protonix, Nexium all need to be 30 minutes before or 2 hours after food on an empty stomach. Do not take antacids within 4 hours of these medications.

Diabetic Reflux Diet

Find foods that have a carb to fiber ratio of 3:1 with no or very low sugar. Divide carbs by 3 and that is how many fiber grams you need.

Foods to Avoid

- Acidic Fruits (Oranges, Lemons, Grapefruits)
- Alcohol
- Caffeinated or Decaf Beverages
- Cereal (unless it has a carb to fiber ratio of 3:1)
- Chips
- Chocolate
- Desserts
- Fruit Juice
- Ice Cream
- Instant Rice or Instant Oatmeal
- Pop (Diet or Regular)
- Tomato and Tomato Products

Foods to Limit - You should only eat 1.2 cup of 1 of the following per meal

- Bread (unless it has a carb to fiber ratio of 3:1)
- Carrots
- Corn
- Orange Squash
- Pasta (unless it has a carb to fiber ratio of 3:1)
- Peas
- Potatoes
- Ripe Sweet Fruits (the less ripe the better-green bananas, sour apples, sour grapes)
- Skim Milk - 1 cup per meal
- White Rice

Foods to Eat Freely

- Asparagus
- Beans (hard beans such as pinto, lima, black, red, etc)
- Beets
- Broccoli
- Brussel Sprouts
- Celery
- Cabbage
- Cauliflower
- Eggs - 2 Whites to each yolk or egg substitute
- Fish - grilled or broiled
- Green Beans
- Kohlrabi
- Lettuce
- Okra
- Meat - lean cuts such as 90%-95% lean hamburger, pork, beef, chicken, (should be grilled or broiled, not fried) Do not bread it.
- Radishes
- Sugar Free Sherbert