

Acid Foods to avoid

Caffeine
Alcohol
Fizzy drinks
Chocolate and cocoa
Red meat
Beans
Hard cheese
Fatty nuts (peanuts, brazils, walnuts, pecans)
Ice cream (not acidic but too cold)
Wheat, rye, barley, especially refined (white)
Maize/polenta and buckwheat
Plum, cranberry and pomegranate
Sugar and sweeteners
Deep fried foods
All vegetable, seed oils except olive, linseed
and avocado oil
Processed foods and sauces
Medication
Late night eating
Water with food

Alkali Foods, eat plenty

All vegetables not on the other lists
Olives
All fruits not on the other lists
avocado
Seeds, pumpkin, sunflower, sesame, chia,
linseed
Lentils
Seaweed
Almonds, cashews, chestnuts, hazels
Quinoa
Oats
Ghee, olive oil
Herbs
Apple cider vinegar
Soy sauce
Ginger
Green tea
Sea salt
Cinnamon
Water

Borderline foods so be careful

Chicken
Eggs
Shellfish
Yoghurt
Cow's milk, butter and cream
Soft cheese and cottage cheese
Feta cheese and goats milk
Fish
Beans, chickpeas and green peas
Spinach and tomatoes
Citrus fruits
Brown rice, millet
Dried fruit
Green tea
Vinegar (wine and balsamic)
Spices
honey
Coconut and coconut oil

Foods that may cause reflux for some and not for others

Lemons
Tomatoes
Onions
Garlic
Nuts
Apples
Cucumber
Green peppers
Spicy food
Mint tea