

DIET FOR GERD/ ACIDITY

To be Taken		
Whole wheat Oat meal Whole grains Cereals Brown rice	Watermelon Banana Musk melon Papaya Pears Apple Guava	Asparagus Green beans Cauliflower Pumpkin Cabbage Broccoli Carrots Bottle gourd Ridge gourd Ash gourd Mushroom Soya
All washed pulses Yellow lentil Green lentil Soybean	Skimmed milk Coconut water Green tea Herbal tea Aloe Vera juice Bitter gourd juice Pumpkin juice	Cumin Coriander Fennel Mint Fenugreek Turmeric
Not to be Taken		
White refined flour & its products (Maida)	Citrus fruits – Orange Lemon Grapefruit Cranberry	Capsicum Taro root (Tuber) Garlic Onion Potatoes Coconut Frozen vegetables
Black gram Chick peas Kidney beans	Whole milk & cream Full fat yogurt Cream cheese Condensed milk	Red chilly Green chilly Cloves Black pepper
Other foods to be avoided All fried foods Junk foods Processed foods Coconut bar Sauces Fruit jellies Jams Refined sugar Sweeteners Chutneys Pickle Ice cream		