

# FOR MORE INFORMATION



NATIONAL  
HEARTBURN  
ALLIANCE.

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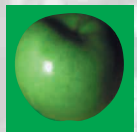
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*The National Heartburn Alliance (NHBA) is a group of health care professionals dedicated to providing education and a community of support for heartburn sufferers.*

The NHBA receives support and sponsorship from the  
Procter and Gamble Health Sciences Institute ([pghsi.com](http://pghsi.com)).



## STOP & SELECT GUIDE



NATIONAL  
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### Stop Heartburn Before It Starts




As you reach for that fistful of french fries, STOP and think...are these going to give me heartburn? While heartburn trigger foods vary from sufferer to sufferer, some general rules apply. Certain foods and beverages, because of their fat or acid content (and/or ability to relax the lower esophageal sphincter, a valve that prohibits acid from entering the esophagus), cause heartburn more often than do others.

Anecdotal evidence has shown that for many sufferers, limiting consumption of troublesome items will decrease the number of heartburn episodes. Though multiple factors can contribute to heartburn, including alcohol consumption, pregnancy, hiatal hernia, smoking and some prescribed medication, sufferers generally identify food to be the primary cause of their symptoms.

### Heartburn Rules of the Road

The key to a smooth ride around heartburn is to find the right mix of foods and beverages. This guide assigns a color code to common foods and beverages according to the food's tendency to create acid, irritate the gastric lining and/or relax the lower esophageal sphincter. You can assess the likelihood of a heartburn episode based on the color code of foods you consume.

Items are listed by standard USDA food pyramid groupings and are categorized by one of the following colors:

-  = STOP, you may want to reconsider this choice
-  = Consume with discretion
-  = Generally a "GO" with little potential to cause or aggravate heartburn

The more "yellows" and "reds" you consume, the more likely you may be to experience heartburn.

### Safe Grazing Practices

Tolerance for foods and beverages listed on the following pages will vary from person to person. Eight ounces of lemonade may be tolerable for one person and a heartburn disaster for another. Pay close attention to portion size for all foods consumed and note what quantities, if any, are bearable for your stomach. Use your "personal serving sizes" as a guide. For portions that are excessive, move up one level on the color continuum (i.e., green to yellow, yellow to red).

## FRUITS

- Orange juice
- Lemon
- Lemonade
- Grapefruit juice
- Cranberry juice
- Tomato
- Low-acid orange juice
- Apple cider
- Peach
- Blueberries
- Raspberries
- Strawberries
- Grapes
- Cranberries, dried
- Apple, fresh
- Apple, dried
- Apple juice
- Banana



## VEGETABLES

- Mashed potatoes
- French fries
- Onion, raw
- Potato salad
- Garlic
- Onion, cooked
- Leeks
- Sauerkraut
- Scallions
- Carrots
- Cabbage
- Peas
- Broccoli
- Green beans
- Baked potato



## GRAINS

- Macaroni and cheese
- Spaghetti with marinara sauce
- Garlic bread
- Muffin
- Granola cereal
- Multi-grain bread
- White bread
- Corn bread
- Brown rice
- White rice
- Couscous
- Graham crackers
- Saltine crackers
- Pretzels
- Rice cakes
- Oatmeal cereal
- Frosted cereal
- Bran-based cereal



## DAIRY

- Sour cream
- Milk shake
- Ice cream
- Cottage cheese, regular
- Yogurt
- Milk, 2 percent
- Milk, skim
- Frozen yogurt
- Cottage cheese, low-fat
- Cheddar cheese
- Mozzarella cheese
- Cream cheese, fat-free
- Feta cheese
- Goat cheese
- Sour cream, fat-free
- Soy cheese, low-fat

## MEATS & BEANS

- Ground beef, chuck
- Marbled sirloin
- Chicken, nugget-style
- Chicken, buffalo wings
- Ground beef, lean
- Chicken salad
- Scrambled eggs, in butter
- Eggs, fried
- Fish, fried
- Tuna salad
- Hot dog, beef or pork
- Ham
- Nuts or peanut butter
- Baked beans
- Ground beef, extra-lean
- Steak, London Broil
- Chicken breast, without skin
- Egg whites/egg substitute
- Fish, fresh, prepared without added fat



## FATS, OILS & SWEETS

- Chocolate
- Corn chips
- Potato chips, regular
- Butter cookie, high-fat
- Brownie
- Doughnut
- Salad dressing, creamy
- Salad dressing, oil & vinegar
- Cookie, low-fat
- Ketchup
- Potato chips, baked
- Cookie, fat-free
- Jelly beans
- Red licorice
- Salad dressing, low-fat



## BEVERAGES

- Liquor
- Wine
- Coffee
- Tea
- Non-alcoholic wine
- Beer
- Non-alcoholic beer
- Cola
- Root beer
- Mineral water



Keeping a food diary is another good way to track daily food choices and identify personal heartburn trigger foods. Log onto [www.heartburnalliance.org](http://www.heartburnalliance.org) for a copy of the NHBA's reflux record. Heartburn can be controlled and should not be endured. Take charge of your diet and STOP heartburn before it starts.