

# This vs. That

## ACID REFLUX

### Trigger food Alternatives

#### Instead of this



#### Citrus Fruits

Oranges, tangerines,  
grapefruit



#### Pasta with Tomato Sauce



#### French Fries

#### High Fat Meats

Ground beef, chicken  
thighs, bacon



#### Try that!

#### Blubberies

Melons

Bananas



#### Pesto or Olive oil & herbs



#### Baked or Air fried potato wedges



#### Lean Meats or Fish

Chicken breast, sirloin tip  
side steak, Mahi mahi

