

Eat to Beat Heartburn



Melons and bananas. While most fruits have a high acid content, these don't. Bananas are always handy as a snack food. All sorts of melons are good, like watermelon, cantaloupe, and honeydew.

Oatmeal. It's a great way to start your day. Oatmeal doesn't cause reflux, it's filling, and it has lots of healthy fiber.

Green veggies. Broccoli, asparagus, green beans, celery, and cauliflower are all low in acid.

Lean poultry and meats. Prepare chicken and turkey grilled, broiled, baked, or steamed. Just remove the skin-- and don't fry it. Even ground beef and steak can be fine, as long as they're lean.

Root vegetables such as carrots, turnip, parsnip, and yams (just not onions)

Fish. Grilled, poached, and baked fish are all good choices as they contain Omega 3s (an anti-inflammatory). Just don't fry it or use fatty sauces.

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Egg whites. They're a good source of protein and are low in acid. Just skip the yolk, which is more likely to cause symptoms.

Fennel. This crunchy vegetable with a licorice flavor makes a great addition to salads. It has an anti-inflammatory effect and has a pH of 6.9, so it's low in acid, too.

Ginger. A long-standing natural treatment for upset stomach, ginger does seem to have benefits for reflux.

Parsley. That sprig of parsley on your plate isn't only for decoration. Parsley has been a traditional treatment for upset stomach for hundreds of years. And there's some evidence that it can help with acid reflux.

Aloe vera. This is another old treatment for GI problems that seems to help with reflux. You can buy aloe vera as a plant or as a supplement -- in capsules, juices, and other forms. It works as a thickener in recipes. Just make sure it's free of anthraquinones (primarily the compound aloin), which can be irritating to the digestive system.