



BAD



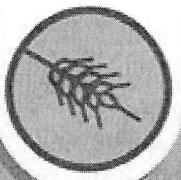
**LESS
FATTY FOOD
AND ALCOHOL**

ACID REFLUX DIET

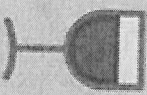
GOOD



**MORE
WHOLE GRAINS
AND FIBERS**



COFFEE



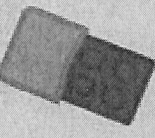
WINE



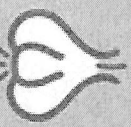
FAT FOOD



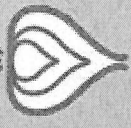
SOFT DRINKS



CHOCOLATE



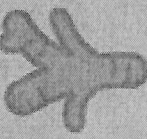
GARLIC



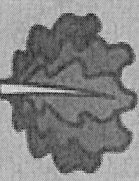
ONION



TOMATOES



GINGER



LEAFY GREENS



BROWN RICE



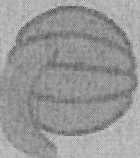
COCONUT



CELERY



BERRIES



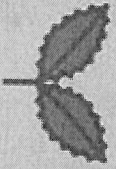
MELON



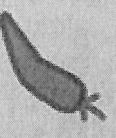
BANANA



CITRUS



PEPPERMINT



SPICES



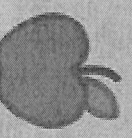
DAIRY



FENNEL



AVOCADO



APPLE



PEAR