The Low Acid Diet

This is a list of foods/beverages to assist in planning meals when prescribed a low-acid diet. Any texture limitations you are prescribed (i.e., soft foods, puree/smooth foods, etc) would also apply.

Foods/Beverages to AVOID

• Vinegar (most commonly used in salad dressings and glazes)
• Hot Sauce/Salsa/Chiles
• Anything Pickled
• Fruits and Fruit Juices
  o Bananas and Melons are ok, otherwise avoid all fruit
• Tomatoes, anything made with tomatoes
  o No red sauces
  o No ketchup
  o No salsa
• Coffee and all caffeine
• Carbonated Drinks
• Alcohol

Foods that are OK on a low-acid diet

• Meats, chicken, fish, seafood
• Pasta with olive oil or cream sauces
• Vegetables (No Tomatoes)
• Dairy Products
• Rice, Bread and Grains