

# The Low Acid Diet

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*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
  - Bananas and Melons are ok, -otherwise avoid all fruit
- Tomatoes, anything made with tomatoes
  - No red sauces
  - No ketchup
  - 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