

# Allergy Consultants, P.A.

Specialists in Pediatric and Adult Allergy, Asthma, and Sinus Disease

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**Gastroesophageal Reflux Disease (GERD)** occurs when the acid produced by your stomach moves up into your esophagus. This can cause symptoms such as heartburn, food repeating or a dry cough. Eating large meals or lying down right after a meal can trigger symptoms of acid reflux disease.

These are some of the common foods that trigger acid reflux symptoms:

- Alcohol
- Carbonated beverages
- Chocolate
- Citrus fruits, such as oranges or lemons
- Coffee or tea (regular or decaffeinated)
- Fatty or fried foods
- Foods containing tomato, such as spaghetti sauce, salsa, or pizza
- Garlic and onions
- Mint
- Spicy foods, such as those containing chili or curry

Minimizing the amount of these foods in your diet can help to control the symptoms of GERD.

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