

# Common Triggers for Acid Reflux Symptoms

<b>High fat foods</b>	ice cream, cheese, butter, fatty cuts of red meat
<b>Fried foods</b>	potato chips, mozzarella sticks, french fries
<b>Spicy foods</b>	wasabi, jalapeños, Buffalo wings
<b>Citrus fruits</b>	oranges, grapefruit, lemons, limes
<b>Certain fruits and vegetables</b>	tomatoes, garlic, onions, pineapple
<b>Acidic juices</b>	orange juice, tomato juice
<b>Alcohol</b>	beer, wine, spirits
<b>Certain supplements</b>	iron, potassium
<b>Some medications</b>	antibiotics, aspirin, or other pain relievers