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Review

Review of management of laryngopharyngeal reflux disease

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Table 2
Refluxogenic potential of foods.

Very low RP	Cat.	Low RP	Cat.	Moderate RP	Cat.	High RP	Cat.	Very high RP	Cat.
Fish, fresh not-fatty	1			Pear	3	Grapes	4		
Pork, lean	1			Nectarine	3	Blackberry	4	Carbonara sauce	5
Rice, non-fat	1			Egg (white+yolk)	3	Walnut	4	Pesto sauce	5
Rice, white	1			Onion, raw	3	Noodles	4	Candies	5
Spaghetti, cooked	1			Orange	3	Marmalade	4		
Tuna, non-fat	1			Bread, wholemeal	3	Parmesan	4		
Veal	1			Grapefruit	3	Pâté	4		
Beetroot	1			Peach	3	Apple	4		
Celery	1	Banana	2	Duck, lean	3	Chocolate cookies	4	Dark chocolate	5
Cheese, low-fat	1	Beef chops	2	Lamb chops	3	Strawberry jam	4	Croissant	5
Spinach	1	Bread, rye	2	Fish oil	3	Gruyère cheese	4	Macadamia nut	5
Wheat	1	Bread, white	2	Guava	3	Pomegranate	4	Mayonnaise	5
Broccoli	1	Carrot	2	Zucchini	3	Crackers	4	White chocolate	5
Brussel sprout	1	Cereals	2	Cucumber	3	Feta cheese	4	Choucroute	5
Egg white	1	Cherries	2	Gherkin	3	Fontina cheese	4	Ice-cream	5
Artichoke	1	Chicken, breast	2	Comflakes	3	Cookies	4	Milk chocolate	5
Horse meat	1	Eggplant	2	Offal	3	Cauliflower	4	Butter	5
Cabbage, red	1	Fennel	2	Shallot, raw	3	Blue cheese	4	Chocolate eclairs	5
Honey	1	Ham, cooked, lean	2	Strawberry	3	Fat or hard cheese	4	Fries	5
Garlic	1	Kidney, cooked	2	Apricot	3	Mango	4	Pesto	5
Cooked greens	1	Lamb, lean	2	Milk, cow, semi-skimmed	3	Cake	4	Avocado	5
Crab	1	Leak	2	Milk, goat, semi-skimmed	3	Milk, full-cream	4	Green olives	5
Asparagus	1	Melon	2	Raspberry	3	Red currant jelly	4	Coconut water	5
Milk, skimmed	1	Oats	2	Camembert cheese	3	Cheddar cheese	4	Chips	5
Lentils	1	Parsley	2	Ketchup	3	Egg yolk	4	Black olive	5
Chicory/endive	1	Pepper	2	Milk, soy	3	Litchi	4	Pain au chocolat	5
Mollusks	1	Pork, fillet	2	Fig	3	Goat and Brie cheese.	4	Spices	5
Sweet potato	1	Rice, brown	2	Mint	3	Mustard	4	Béarnaise sauce	5
Peas	1	Steak, lean	2	Blueberry	3	Mozzarella cheese	4	Pepper sauce	5
Turkey, lean	1	Tofu	2	Ginger	3	Munster cheese	4	Roquefort sauce	5
Mushrooms, cooked	1	Turnip	2	Pork chops	3	Gouda cheese	4	Lard	5
Green beans	1	Veal chops	2	Olive oil	3	Strawberry jam	4	Curry	5
		Water melon	2	Fish, fatty	3	Mince	4	Cashew nuts, peanuts	5
				Potato	3	Ricotta cheese	4		
				Plum	3	Roquefort cheese	4		
				Prune	3	Mushroom sauce (meat)	4		
				Rhubarb	3	Tomato/Bolognese sauce	4		
				Fish sauce	3	Salami	4		
				Salmon	3	Sausage	4		
				Sardine	3	Sorbet	4		
				Tomato	3	Vinaigrette	4		
					3	Full-cream yoghurt	4		

Refluxogenic potential (very low to very high) of foods commonly consumed in Europe according to pH and fat and protein concentration. Cooking (especially for vegetables) can affect ranking: e.g., onion or shallot would be in category 2 when cooked. Foods liable to be recategorized are shown with an asterisk. Details can be found in [82]. Cat. = categories; RP = refluxogenic potential.

Table 3
Refluxogenic potential of drinks.

Drinks	pH	GI > 40	Cat.
Spirits	4	+	5
Aloe vera	6.1	0	2
Apple juice	3.65	+	5
Beer	4	+	5
Hot chocolate	6.3	+	3
Chamomile	6.5	0	2
Chicory	5.95	0	3
Coffee	5	0	4
Grapefruit juice	3.05	+	5
Lemon juice	2.3	+	5
Multifruit juice	3.8	+	5
Orange juice	3.5	+	5
Soda, zero sugar	2.5	0	5
Soda with sugar	2.5	+	5
Syrup (grenadine, lemon, etc.)	2.15	+	5
Tea	5	0	4
Red fruit infusion	2.5	0	5
Black tea	5.3	0	4
Green tea	7	0	3
Lemon tea	2.9	0	5
Tomato juice	4.35	0	3
Sparkling water	7	0	3
Still water	7	0	2
Alkaline still water	8	0	1
Red wine	4	0	5
Rosé wine	4	0	5
White wine	4	0	5

Refluxogenic potential of drinks commonly consumed in Europe according to pH and glycemic index (carbohydrate concentration associate with reflux risk), alcohol content and caffeine content. Details can be found in [82]. Cat. = categories; GI = glycemic index.