



YOUR CHILD’S UNHEALTHY BAD REFLUX DIET FOOD/BEVERAGE QUIZ

Circle all that apply (Scale is 0 to 5 servings/glasses per day;
if more than five, write in the number on the line provided.)

Milk/flavored milk	0	1	2	3	4	5	_____
Sweet tea	0	1	2	3	4	5	_____
Soda	0	1	2	3	4	5	_____
Gatorade	0	1	2	3	4	5	_____
Energy drinks	0	1	2	3	4	5	_____
Fruit juice	0	1	2	3	4	5	_____
Fruit punch	0	1	2	3	4	5	_____
Lemonade	0	1	2	3	4	5	_____
Pouched drinks	0	1	2	3	4	5	_____
Ice cream	0	1	2	3	4	5	_____
Candy	0	1	2	3	4	5	_____
Cookies	0	1	2	3	4	5	_____
Yogurt	0	1	2	3	4	5	_____
Total							_____

Add up the circled numbers to get your child’s Bad Reflux Diet Score; a score of 10 or more suggests high-risk Bad Reflux Diet.