

---

## EAR DIET

---

### General information:

- Tinnitus or ringing in the ear can be a sign of hearing loss; at times an ear “friendly” diet can improve the irritation associated with this ringing.
- Vertigo, a spinning sensation related to middle ear dysfunction, can also be associated with diet as well.
- Meniere’s disease, a disease of fluid imbalance in the middle ear, can also be controlled with dietary modifications.

### Foods to avoid:

- Limit salt/sodium intake to 2000mg per day.
- Chocolate/cocoa containing products.
- Alcoholic beverages like red wine, port wine, scotch, bourbon, gin and sherry.
- Buttermilk, sour cream, moldy cheeses and hard cheeses with a high sodium content like parmesan, romano, mozzarella, or brie cheese.
- Crackers, yeasty breads, sourdough, coffee cakes
- Caffeine in any form.
- Beans: broad, lima, fava, navy, pinto.
- Foods with a salt brine: pickles, olives, sauerkraut.
- Avocados, figs, raisins, papaya, passion fruit, red plums.
- Canned soups and bullion cubes.
- MSG containing products.
- Ham, bacon, sausage, salami, pepperoni or other dry salted meats.

Dietary modifications are not easy. Expect weight loss and cravings of some of these foods. Remember controlling your diet can control your symptoms.