

GERD DIET

(Gastroesophageal Reflux Disease)

There are many small changes and choices that you can choose daily in order to decrease the severity of your reflux!

Why will these changes help me? There is a protective ring at the opening of your stomach that is designed to stop acid from reaching your esophagus. Certain foods and beverages weaken that ring and allow acid to more easily flow into your esophagus. Foods that by nature are more acidic, will cause more symptoms. Also, if the physical pressure within your stomach is increased, acid can be pushed through that ring as well.

Diet and meal tips:

- Avoid high acid foods: many citrus fruits, tomatoes & tomato-based sauces, fruit jellies, barbeque and hot sauces, most salad dressings
- Avoid spicy foods: hot mustards, curry, hot peppers
- Avoid fatty foods: foods with high fat content, especially fried or greasy foods
- Avoid Chocolate and peppermint. These contain caffeine-like substances that weaken that ring.
- Onion and garlic can also cause symptoms
- Choosing to eat smaller meals spaced frequently throughout the day will avoid the increased pressure on your stomach which occurs when eating large meals
- Avoid exercise immediately after eating; Instead, wait ~2 hours after meal before vigorous exercise
- What are good choices?
 - Fruits such as apples, bananas, pears, melon and berries.
 - Vegetables such as greens, carrots, asparagus, sweet potatoes, green beans
 - lean meats
 - Fiber rich foods such as whole grains, oatmeal, brown rice
 - Healthy fats such as avocados, nuts

Beverages:

- Avoid **caffeine*** or carbonated beverages. Regular AND decaffeinated coffee, tea, soda
- Avoid **alcohol***

Lifestyle modifications:

- Weight loss if overweight or recent weight gain aggravating symptoms
- Elevate the head end of bed
- Also avoid eating or drinking large volumes ~3 hours prior to going to sleep
- **Stop smoking*!**
- Some patients find chewing gum or oral lozenges can help reduce symptoms

***** THE BIG THREE: TOBACCO, ALCOHOL, COFFEE**