

Recommended Diet and Lifestyle Changes for GERD (Gastroesophageal Reflux Disease)

- Stop smoking
- Increase exercise. Consider talking to your doctor about weight loss
- Wear loose clothing. Avoid clothes/belts that fit tightly and cause pressure on stomach
- Eat smaller/ more frequent meals and avoid laying down at least an hour after eating
- Do not eat a few hours prior to bedtime
- Sleep with your head elevated at night. Use pillows or a wedge to prop your head 6 inches. Or place 6" blocks or bed risers under the two bedposts at the head of your bed.
- Implement a GERD diet, which avoids foods and beverages that trigger reflux/heartburn

|  FOODS to AVOID |  DRINKS to AVOID/LIMIT |
|--|---|
| <p>Fatty foods</p> <ul style="list-style-type: none"> - Fried Chicken - Fried Fish - Fried Poultry - Onion Rings - French Fries - Fried Vegetables - Potato Chips <p>Spicy Foods</p> <ul style="list-style-type: none"> - Chili - Tacos - Buffalo Wings - Hot Sauce <p>Vegetables</p> <ul style="list-style-type: none"> - Onions - Tomatoes - Peppers <p>Acidic Foods</p> <ul style="list-style-type: none"> - Pizza sauce - Spaghetti sauce - Ketchup - Buffalo sauce - BBQ sauce <p>Citrus Fruits</p> <ul style="list-style-type: none"> - Oranges - Pineapples - Lemons - Grapefruit <p>Other</p> <ul style="list-style-type: none"> - Peppermint - Garlic - Vinegar | <p>Coffee</p> <p>Tea</p> <p>Soda</p> <p>Carbonated water</p> <p>Citrus Beverages</p> <ul style="list-style-type: none"> - Orange juice - Pineapple juice - Apple cider - Lemonade <p>Alcohol</p> <ul style="list-style-type: none"> - Beer - Wine - Liquor |