

# Acid Reflux, Heartburn, and GERD Diet

Heartburn also known as acid reflux, is a common complaint, characterized most commonly by indigestion or chest pain or discomfort. If you suffer from symptoms frequently, you may have Gastroesophageal reflux disease (GERD), a more serious form of acid reflux, and should be evaluated by a physician. Certain foods may cause or aggravate your symptoms, and should be avoided. Following the below guidelines will help reduce or eliminate discomfort.

## **Benefits:**

Reduces symptoms and discomfort associated with acid reflux, heartburn and GERD.

## **Food Recommendations:**

Although the development of acid reflux, heartburn and GERD cannot be prevented, its symptoms and effects can be reversed or controlled with a special diet. As with any special diet, there are certain foods to avoid, and there are others that work with the body to maintain a healthy, balance digestive system.

## **Foods to Avoid:**

Acidic fruits and their juices: oranges, lemon, grapefruits, and cranberries

Fried and fatty foods: French fries and potato chips.

Tomato based foods: spaghetti sauce, pizza, salsa, and chili

Fatty meals: ground beef, chicken nuggets and hot dogs.

Garlic and onions

Hi fat dairy products: sour cream, whole milk

Caffeinated and alcoholic beverages

Spicy foods, red & pepper, chili powder, hot sauces, and mustard

Mint flavorings

Chocolate

Caffeinated drinks

Carbonated drinks

Alcohol

## **Safe Foods:**

Low acidity fruits: apples and bananas

Vegetables: broccoli, peas, green beans, carrots

Lean meats

Fat-free products

## **Other Recommendations:**

Eat small, frequent meals to prevent stomach distention

Meal or snacks should be eaten 2-3 hours before lying down

Achieve and maintain a healthy body weight

Elevate the head of your bed 4-6 inches

Quit smoking, smoking decreases the ability of the lower esophageal sphincter muscle to work properly

Avoid tight clothing