

LIVING WITH GASTROESOPHAGEAL REFLUX

DIET TIPS & GUIDANCE

Gastroesophageal reflux disease otherwise known as GERD is a condition that develops when the reflux of stomach contents causes troublesome symptoms and/or complications.

It affects up to 60% of the population!

WHAT ELSE CAN I DO BESIDES MEDICATION FOR MY GERD?

1. Avoidance of foods that may precipitate reflux

- Coffee
- Alcohol
- Chocolate
- Fatty foods

2. Avoidance of acidic foods that may precipitate heartburn

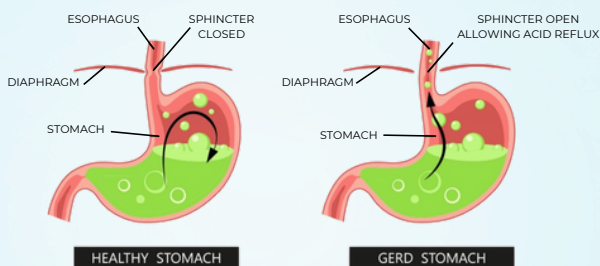
- Citrus (oranges, lemons, limes, grapefruit)
- Carbonated drinks (soda, BUBBL'R, beer, etc)
- Spicy foods

3. Weight loss

- Weight has a significant impact on GERD!
- A 10-pound weight gain can cause a 40% increase in heartburn symptoms

4. Raising the head of the bed

5. Avoid late-night eating



WHAT DO ALCOHOL, SMOKING, CHOCOLATE, PEPPERMINT AND FATTY FOODS HAVE IN COMMON?

They are all felt to impact the lower esophageal sphincter (the muscle at the bottom of the esophagus).

Alcohol, smoking, chocolate, peppermint and fatty foods are felt to relax the muscle, which then increases the likelihood of gastric contents rising and irritating the esophagus.



WHAT CAN I EAT?

Lean meats



Baked foods



Salads



Fresh veggies



Non-citrus fruits



KEEP IN MIND...

- Not every GERD-triggering food is the same for every person. You don't necessarily have to avoid ALL of those foods and acidic foods. For instance, some people are bothered by citrus while others aren't. It is NOT consistent across the board. You may still be able to tolerate some of these foods, and then it is ok to eat them.
- Eating foods in moderation and smaller portions is usually best.

Need more help?
GI Associates is here for you.

Schedule your appointment today:
715.847.2558 or giassoc.org