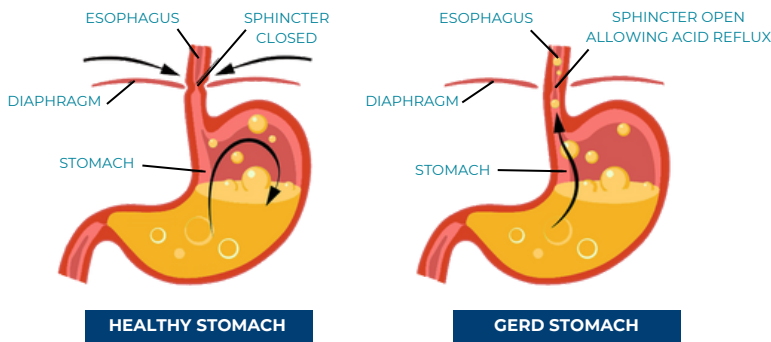


DIET TIPS & GUIDANCE

Gastroesophageal reflux disease, otherwise known as **GERD**, is a condition that occurs when the reflux of stomach contents leads to troublesome symptoms and/or complications. **It affects up to 60% of the population.**



IN ADDITION TO MEDICATION,
WHAT CAN I DO TO MANAGE GERD SYMPTOMS?

- 1. Avoid products that may precipitate reflux**
 - Coffee
 - Alcohol
 - Chocolate
 - Fatty foods
- 2. Avoid acidic products that may precipitate heartburn**
 - Citrus (oranges, lemons, limes, grapefruit, etc.)
 - Carbonated drinks (soda, energy drinks, sparkling waters, beer, etc.)
 - Spicy foods
- 3. Lose weight**
 - Weight has a significant impact on GERD
 - A 10-pound weight gain can lead to a 40% increase in heartburn symptoms
- 4. Raise the head of the bed**
- 5. Avoid late-night eating**

NEED MORE HELP?

Schedule your appointment today.

715.847.2558

giassoc.org

WHAT CAN I EAT?

LEAN MEATS



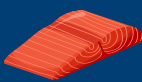
SALADS



FRESH VEGGIES



BAKED FOODS



NON-CITRUS FRUITS



KEEP IN MIND . . .

GERD triggers aren't the same for everyone. Citrus may bother some people but not others. You don't need to avoid every potential trigger—if certain products don't cause discomfort, it's fine to enjoy them.

Eating smaller portions and practicing moderation can also help manage symptoms. All that said, **smoking can worsen GERD**, so quitting is an important step for better digestive health.



ALCOHOL, NICOTINE, CHOCOLATE, PEPPERMINT AND FATTY FOODS

WHAT DO THESE THINGS HAVE IN COMMON?

Certain products, including alcohol, nicotine, chocolate, peppermint and fatty foods, are believed to weaken the lower esophageal sphincter—the muscle at the bottom of the esophagus. This relaxation **increases the likelihood of stomach contents rising and irritating the esophagus.**