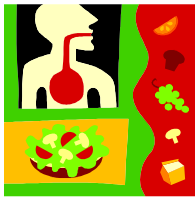




Gastroesophageal Reflux Disease (GERD)

Gastroesophageal reflux disease (GERD) happens when a muscle at the end of your esophagus does not close properly. This allows the stomach contents (acid) to leak back into the esophagus and irritate it. This feeling is often described as “heartburn”, a burning in the chest or throat. Sometimes you may be able to taste stomach fluid in the back of the mouth. This is called acid indigestion.

Anyone can have GERD. In some cases, you may need medications. However, many people may improve their symptoms through diet.



Recommended Foods

Food Group	Recommended Foods
Milk & Milk Products	Buttermilk Evaporated skim milk Skim & 1% fat milk Soy milk or Rice milk Nonfat or low-fat cheeses Low-fat ice cream Sherbet Low fat yogurt
Meat & Alternates	Tender, well-cooked meat, poultry, fish, eggs or soy prepared without added fat low-fat nut butters
Grains	Any prepared without added fat
Vegetables	Any prepared without added fat
Fruits	Any prepared without added fat
Fats	Limit to less than 8 teaspoons per day
Beverages	Caffeine-free soft drinks Caffeine-free herbal teas except peppermint or spearmint
Other	All condiments except pepper

Foods to Avoid

- Peppermint and spearmint
- Chocolate
- Alcohol
- Caffeinated beverages (regular tea, coffee, colas, energy drinks, other soft drinks containing caffeine)
- Decaffeinated tea and coffee (yes, these may cause symptoms too)
- Pepper
- High fat foods such as:
 - 2% milk, whole milk, cream, high fat cheeses, high fat yogurt, chocolate milk, cocoa
 - fried meats, bacon, sausage, pepperoni, salami, bologna, frankfurters/hot dogs
 - other fried foods (doughnuts, French toast, French fries, deep-fried vegetables
 - excessive intake of nuts and high fat nut butters
 - pastries and other high fat desserts
 - more than 8 tsp of oil, butter, shortening per day
 - any fruits or vegetables that cause symptoms (these vary from person to person)
- Spicy and highly acidic foods (eg. tomato, apple juice) may cause symptoms

Lifestyle Tips

- Exercise and try to maintain a healthy body weight
- Wear loose fitting clothes
- Do not smoke
- Raise the head of your bed 6-9 inches. You may put a foam wedge under the top part of the mattress.
- Wait 3 hrs after eating before lying down
- Eat several small meals throughout the day
- Eat in a calm, relaxed place. Sit down while you eat and chew foods well.

Your Dietitian: _____

Phone # _____

