

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