

ATLANTA DIGESTIVE CENTER, LLC
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ANTI-REFLUX DIET

PURPOSE: This diet omits foods which may cause irritation to the esophageal mucosa, helps to prevent esophageal reflux, and decreases acidity of gastric juice.

PRINCIPLES:

1. Avoid foods which will cause heartburn or gastrointestinal discomfort.
2. Eat smaller, more frequent meals.
3. Include a protein source at each meal.
4. Decrease fat in the diet.
5. Avoid high citrus juices (orange and grapefruit juices are examples)
6. Avoid alcohol, chocolate, and caffeine - containing beverages.
7. Avoid eating 2 to 3 hours before sleeping.
8. It is of benefit to achieve or maintain a desirable body weight and to avoid tight- fitting clothes.

| <i>FOOD GROUP</i> | <i>FOODS ALLOWED</i> | <i>FOODS OF CONCERN</i> |
|--------------------------|---|---|
| Dairy Products | Skim milk, low-fat buttermilk, low-fat yogurt, low-fat cottage cheese (1% milk fat), and cheeses made with part- skim milk, reduced calorie cheeses such as Weight Watchers or Lite Line. | Whole milk, 2% milk, chocolate milk, cream, half and half, whole milk cheese, hot cocoa. |
| Meat and Meat Alternates | Baked, boiled, broiled, stewed roasted or barbecued beef, lamb, veal, fish, poultry; dried beans, peas or lentils if tolerated. | Fried or fatty meats, pork, bacon, sausage. Meat or fish packed in oil; luncheon meats, peanut butter, frankfurters. |
| Eggs | Prepared any way without added fat. Egg whites as desired. Limit to one egg per day. | Fried eggs. |
| Vegetables | All prepared without added fat. Avoid vegetables which may cause gastrointestinal discomfort. | If not well tolerated avoid broccoli, brussel sprouts, cauliflower, cabbage, corn, cucumbers, onions, green peppers, turnips, radishes, sauerkraut. |