

Name:

Date:

Gastroesophageal Reflux Disease

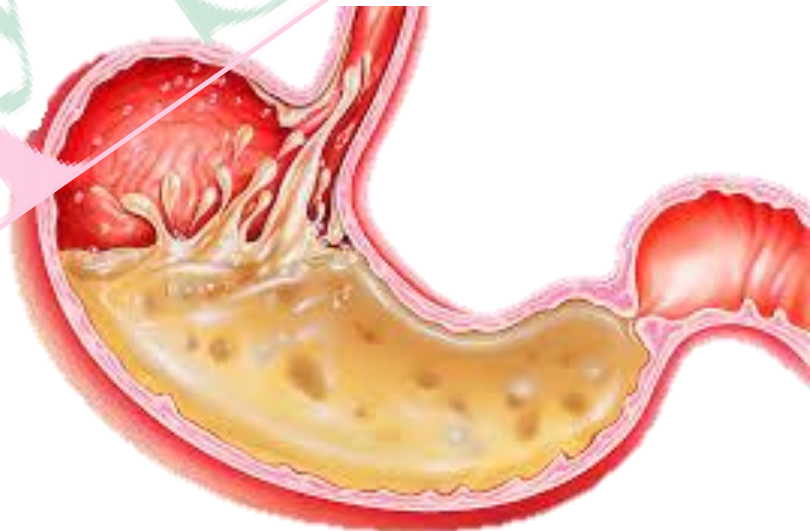
Nutrition Therapy

What is gastroesophageal reflux disease?

Gastroesophageal reflux disease (GERD) happens when a muscle at the end of the esophagus does not close properly. This allows stomach contents to leak back, or reflux, into the esophagus and irritate it. You may feel a burning sensation in the chest or throat called heartburn.

Lifestyle Tips

- ✓ Exercise at least three or four times each week.
- ✓ Wear loose-fitting clothes.
- ✓ Do not smoke.
- ✓ Raise the head of your bed 45 degrees.
- ✓ Wait 3 hours after eating before lying down.
- ✓ Eat several small meals throughout the day.
- ✓ Eat in a calm, relaxed place. Sit down while you eat.



Recommendations

It is recommended that a trial of limiting or eliminating the following foods may reduce the symptoms of GERD:

- ✓ Peppermint and spearmint
- ✓ Chocolate
- ✓ Alcohol
- ✓ Caffeinated beverages (regular tea, coffee, sodas, energy drinks, other caffeinated soft drinks)
- ✓ Decaffeinated coffee and decaffeinated regular tea (herbal teas, except those with peppermint or spearmint, are allowed)
- ✓ Pepper
- ✓ High-fat foods, including:
 - ✓ Reduced-fat (2%) milk, whole milk, cream, high-fat cheeses, high-fat yogurt, chocolate milk, cocoa
 - ✓ Fried meats, bacon, sausage, pepperoni, salami, bologna, frankfurter, hot dogs
 - ✓ Other fried foods (doughnuts, french toast, french fries, deep-fried vegetables)
 - ✓ Nuts and nut butters
 - ✓ Pastries and other high-fat desserts
 - ✓ More than 8 teaspoons of oil, butter, shortening per day
 - ✓ Any fruits or vegetables that cause symptoms.

These will vary from person to another