

GERD

If you are experiencing GERD (gastroesophageal reflux disease), you may want to follow these recommendations. When trying them, remember these are general suggestions and that, as individuals, what works well for one person may not necessarily work well for another person. As always, remember to keep your physician aware of any changes in your digestive system (stomach and intestines) in order to receive appropriate treatment.

Guidelines for food selection for GERD diet

The following recommendations may also help in reducing reflux problems:

- Avoid drinking large quantities of beverages at mealtimes. Instead, only sip on fluids with your meal and wait one hour before or one hour after eating a meal to drink a full beverage.
- Stop using tobacco in all forms.
- Avoid chewing gum as it can increase the amount of swallowed air, which, in turn, leads to belching and reflux.
- Do not lie down immediately following a meal. Avoid late evening snacks.
- Eat small portions of food throughout the day. Avoid eating large meals at one time.
- Avoid tight clothing and bending over after eating.
- Lose weight if you are overweight. Obesity leads to increased reflux.
- Elevate the head of the bed six to eight inches by placing blocks underneath the head of the bed to prevent reflux when sleeping. Extra pillows, by themselves, may not be very helpful.

| Food Groups | Try These Selections | Avoid These Selections |
|---------------------------------|---|---|
| Beverages | Skim milk, 1% and 2% low-fat buttermilk; juices (any except citrus); decaffeinated, non-mint tea | Whole milk, chocolate milk shakes or drinks; citrus drinks/juices; carbonated beverages; tomato juice, vegetable juice; mint tea; coffee (regular or decaffeinated); alcoholic beverages, egg nog |
| Breads and cereals | Plain bread, cereals, rolls, biscuits, crackers, pancakes, waffles, French toast; muffins made with low-fat ingredients; bagels; corn tortillas | Breads and cereals prepared with high-fat ingredients such as croissants, doughnuts, sweet rolls, muffins |
| Desserts | Angel food cake, sponge cake, low-fat cookies; gelatin; fruit-based desserts; sherbet; fruit ice, low-fat yogurt, reduced-fat ice cream; pudding or custard made with 1% or 2% low-fat milk | All other pies, cookies, and cakes; ice cream; any desserts containing chocolate and high in fat |
| Fats | Nonfat or low-fat dressings and mayonnaise; nonfat liquid or powdered cream substitutes, nonfat sour cream | Gravies; bacon; meat drippings; butter, margarine; vegetable oils, heavy cream, sour cream |
| Fruits | Fresh, frozen and canned fruits as tolerated | Orange, lemon, tangerine, pineapple, grapefruit, citrus juices |
| Meat and meat substitutes | Lean meat; poultry (without skin); lean pork; fish (fresh or water-packed); shellfish; nonfat/low fat yogurt; low fat cheeses; tofu; dried beans (includes fat-free refried beans) and peas; eggs (limit to 3-4 egg yolks per week) | Fried meat, poultry, fish, or eggs; regular luncheon meats, hot dogs, sausages; refried beans |
| Potatoes and potato substitutes | Baked, boiled, and mashed potatoes without added fat; enriched pasta (noodles, spaghetti, macaroni), rice | French fries, potato chips; pastas served with cream sauces |
| Soups | Fat-free broths, homemade soups prepared with one or all of the following: lean meat, vegetables, pasta, peas, and low-fat ingredients (eg, skim milk, egg whites) | Regular cream and tomato-based soups |
| Sweets | Sugar; honey; jam; jelly; maple syrup; hard candy; marshmallows | Butter, coconut, chocolate, and cream candies |
| Vegetables | Plain fresh, frozen, and canned vegetables prepared without added fat | Fried or creamy style vegetables; tomatoes and tomato products, onion and garlic |
| Miscellaneous | Salt, garlic, oregano, sage, pepper; other spices and herbs | Spices/herbs in tomato-based sauces, vinegar, spearmint/peppermint; chili/jalapeno peppers |