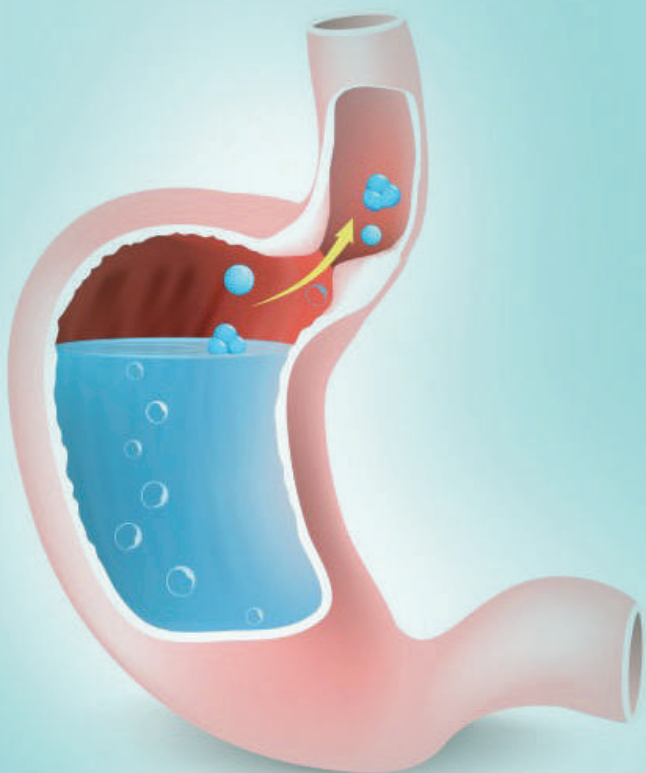


Tips for GERD Patients



Do:

Use bed blocks

Elevate the head of your bed to 2 - 6 inches with wood blocks. Use of a foam wedge beneath the upper half of the body is an alternative.

Maintain your ideal weight

Excessive weight increases the amount of pressure constantly placed on your stomach. Even small amounts of weight loss may help.

Use acid-suppression medication

These medications should be taken 30 - 60 minutes before meals.

Eat smaller meals

Don't overfill your stomach.

Exercise

Exercise regularly.

Do Not:

Consume caffeine

Limiting caffeine, tea, soft drinks and other beverages that contain caffeine can be helpful.

Wear tight clothes

Tight clothes such as pants, belts, and dresses can increase pressure on the stomach.

Consume foods that trigger your symptoms

This includes spicy, fatty, and acidic foods, including tomato, grapefruit, orange, chocolate, fried food, and alcohol.

Lie down for 2 hours after eating

Keep your stomach in an upright position to avoid triggering symptoms. Bend at the knees, not the waist.

Smoke

You'll start feeling better when you begin decreasing the cigarettes you smoke.

Recommended Food Groups

Group	Choose	Avoid
Fruit / juices	Most fruits and fruit juices such as apple, grapes, cranberry, banana and pears, etc.	All citrus fruits, such as oranges, lemons, grapefruits.
Soups	Low-fat and fat-free soups	Creamy soups or high-fat soups
Beverages	Decaffeinated tea, herbal tea, soda, water juices (except orange, grapefruit and pineapple)	Coffee (regular and decaffeinated), alcohol and carbonated beverages
Sweets and desserts	Fruit-based ice pop, Popsicle	Chocolate and high-fat desserts
Vegetables	All steamed, roasted and stir-fried (with little oil) vegetables	Fried cream vegetables
Milk and dairy products	1% milk, low-fat yogurt or cheeses (less than 3g of fat per ounce)	Whole and 2% milk, whole mild yogurt and cheeses. Chocolate milk and hot chocolate

Group	Choose	Avoid
Bread, cereals and grains	Low-fat	Cooked with whole milk or cream
Meat, chicken, fish and meat substitutes	Low-fat meats with the fat trimmed before cooking, skinless poultry. Baked, boiled, poached and roasted without the added fat	Sausages, fried meats, chicken and high fat meats. Chicken skin and meats with visible fat left on
Oil, butter and margarine	None or small amounts	Animal fat or vegetable oils