



Anti-Reflux Diet

Gastroesophageal Reflex Disease

Gastroesophageal reflux disease, also called GERD or Reflux, is often aggravated by dietary and lifestyle factors.

If you suffer from reflux there are many simple changes you can make to help reduce acid production in your stomach as well as the flow of acid back up to the esophagus. You may also want to consider getting tested for specific food sensitivities i.e. dairy or wheat or corn products.

Avoid substances that can cause increased acid production in the stomach.

- Citrus fruits and juices – oranges, tangerines, grapefruit, lemons, limes
- High-fat foods
- Spicy foods
- Large portion sizes of any food
- Sunflower and pumpkin seeds
- Nuts
- Un-sprouted beans

Avoid substances that can promote flow of acid to esophagus

- Alcohol
- Caffeine – chocolate, coffee, black tea, certain “power drinks”
- Peppermint, spearmint
- Tobacco

Lifestyle Recommendations

- Eat smaller, frequent meals throughout the day
- Avoid lying down at least 2 hours after a meal
- Maintain a healthy weight; excess weight contributes to reflux
- Exercise regularly and walk after meals to aid digestion
- Sleep with upper body elevated until symptoms subside

Milk & Milk Products

Generally tolerated

- Milk: preferably skim, 2% or buttermilk, yogurt

May cause discomfort

- Whipped cream
- Cream
- Sour cream
- Chocolate milk
- Cream cheese
- Full-fat cheeses

Bread & Cereals

All a tolerated

Meat, Fish, Poultry, Protein Alternatives

Generally tolerated

- Lean meat
- Fish
- Shellfish
- Poultry - all prepared with no extra fat and visible fat removed
- Eggs - prepared without added fat
- Legumes - dried peas, beans, lentils
- Tofu

May cause discomfort

- Fried, high-fat or spiced meat, fish, poultry or egg dishes
- Cold cuts, wieners, bacon
- Sausage, corned beef
- Canned meat
- Spareribs
- Nuts and seeds
- Full-fat cheese products



Beverages

Generally tolerated

- Weak tea, herbal tea
- Cereal beverages
- Carbonated beverages, except those on opposite list

May cause discomfort

- Coffee, black tea and caffeinated beverages
- Alcoholic beverages - spirits, wine, beer, liquors

Fruits and Vegetables

Generally tolerated

- All as tolerated

May cause discomfort

- Citrus fruits and juices
- Tomato/Tomato sauces
- Onion
- Garlic
- Cabbage
- Cucumber
- Green pepper
- Radishes
- Olives
- Avocado
- Highly-spiced, fried, or roasted vegetables

Fats and Oils

Generally tolerated

- Small amounts of butter, coconut oil, cold-pressed olive oil, cold-pressed avocado oil

May cause discomfort

- High-fat gravy and sauces
- Highly-spiced salad dressings
- Canola oil
- Margarine

Desserts and Sweets

Generally tolerated

- Coconut-based ice cream
- In moderation - honey, jam, jelly, marmalade, sugar

May cause discomfort

- Ice cream, iced milk, high-fat or fried baked goods ie. pastries, donuts
- Desserts or cookies containing chocolate, cream, fat, coconut, mint flavorings, nuts

Other

May cause discomfort

- Black, red and chili pepper
- Peppermint
- Spearmint
- Commercial snack foods - chips, pretzels

Notes
