

Gastroesophageal Reflux Disease (GERD)

Gastroesophageal Reflux Disease (GERD): a disease defined by the backflow of stomach acid into the esophagus, causing damage to the lining of the esophagus. Symptoms usually include heartburn and food reflux.

Common Trigger Foods

- Peppermint & spearmint
- Caffeine (tea, coffee, soda, energy drinks)
- Decaffeinated coffee
- Regular tea
- Alcohol
- Black pepper, spicy peppers
- High-fat foods (chocolate/whole milk, cream, cheese, yogurt, fried foods, pastries)
- Bacon, sausage, salami, bologna, hot dogs
- Acidic foods (citrus fruits, tomato juice)
- Some fruits and vegetables (depends on the person)

Write your trigger foods below:

Tips to Reduce GERD

- Eat smaller meals (about 4-6 times) per day, while sitting up.
- Moderate exercise at least 3 times a week.
- Wear loose-fitting clothes.
- Do not smoke.
- Wait 3 hours after eating before lying down.
- Raise the head of your bed 6-9 inches with a foam wedge (using pillows is not very effective).
- Avoid trigger foods. Do a trial of eliminating suspect foods.

Safe Snacks for GERD

- Low-fat ice cream
- Crackers with low-fat cheese
- Raw veggies with hummus
- Non-citrus fruits (apples) with peanut or almond butter
- Baked chips
- Nuts and nut mixes (small portions, as nuts are high in fat)
- Pretzels
- Oatmeal, high-fiber cereals, granola bars
- Rice cakes
- Bagels (avoid fatty spreads, like cream cheese)