

<b>Prepared For:</b>		<b>Date:</b>	
<b>Prepared By:</b>		<b>Contact:</b>	

## **Gastroesophageal Reflux Disease (GERD) Nutrition Therapy**

Nutrition therapy makes sure that the food you eat will improve your health and help control your symptoms.

### **Tips**

### **Lifestyle Tips**

- Exercise at least three or four times each week.
- Wear loose-fitting clothes.
- Do not smoke.
- Raise the head of your bed 6 to 9 inches. You can put a foam wedge under the top part of the mattress or prop up the legs on the head of the bed with wooden blocks. (Stacking pillows is not effective.)
- 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.

### **Foods Recommended**

<b>Food Group</b>	<b>Recommended Foods</b>
Milk and Milk Products	Buttermilk Evaporated skim milk Fat-free (skim) or low-fat (1%) milk Soy milk Nonfat or low-fat yogurt Powdered milk Nonfat or low-fat cheeses Low-fat ice cream Sherbet
Meat and Other Protein Foods	Tender, well-cooked lean meat, poultry, fish, eggs, or soy prepared without added fat Dried beans and peas Nuts and nut butter (these are high in fat)
Grains	Any prepared without added fat; choose whole grains for at least half of your grain servings.
Vegetables	Any prepared without added fat. Eat a variety of vegetables, especially green and orange ones.
Fruits	Any prepared without added fat. Eat a variety of fruits.
Fats	Limit to less than 8 teaspoons per day; heart-healthy vegetable oils such as olive or canola oil.
Beverages	Caffeine-free soft drinks Caffeine-free herbal teas except those made with peppermint or spearmint
Other	All condiments except pepper

### Foods Not Recommended

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, colas, 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, frankfurters/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 person.)

### Gastroesophageal Reflux Disease (GERD) Sample 1-Day Menu

<b>Breakfast</b>	2 packets cooked oatmeal 2 tablespoons raisins 1 cup soy milk Caffeine-free herbal tea (no peppermint)
<b>Lunch</b>	2 oz cooked chicken, for salad 1 cup lettuce Low-fat dressing 1 small corn muffin 1/2 cup bananas, sliced 1/2 cup blueberries 1 cup nonfat milk
<b>Afternoon Snack</b>	6 oz apple juice 1 oz low-fat cheddar cheese 4 whole-wheat crackers
<b>Evening Meal</b>	1 cup pasta 1/4 cup tomato 1/4 cup zucchini 1/4 cup broccoli 1 plain bread stick 1 baked apple, peeled with cinnamon 1 cup nonfat milk

### Notes