

ANTI-REFLUX GUIDELINES

What is reflux? Gastroesophageal Reflux Disease (GERD) is the term used to describe the backward flow of stomach acid into the esophagus and the accompanying discomfort and “heartburn”. This reflux occurs when the lower esophageal sphincter (the opening through which food enters the stomach from the esophagus) does not close properly. It is important to prevent reflux since the esophagus can be burned by the acid leading to other esophageal problems.

Nutrition Guidelines

1. Avoid foods which might decrease or relax the lower esophageal sphincter pressure.
2. Avoid high fat foods (fat keeps food in the stomach longer)
3. Avoid alcohol, peppermint, spearmint (these foods irritate the stomach, increasing acid production)
4. Avoid caffeinated and decaffeinated carbonated beverages and chocolate(these foods can cause sphincter to relax increasing chance of acid back flow)
5. Decrease foods that irritate the esophagus
* avoid irritants such as acidic food (citrus juices, tomato products), spicy foods, carbonated beverages or other foods which cause discomfort.

Limit Gastric Distention or the amount of food in your stomach

- eat small, more frequent meals
- Sip small amounts of fluid with meals : wait at least 30 minutes after meals before drinking larger amounts of fluid.
- Consume a high fiber diet (fresh fruits, vegetables and whole grains foods) to avoid constipation.

Position your body so gravity can help food and acid from flowing into the esophagus

- Eat at least 2-3 hours before going to bed
- Elevate the head of bed with blocks, wedges or sleep on several pillows
- Avoid lying down, bending over or straining after eating
- Wear loose fitting clothing

Other considerations:

- Reduce weight, if overweight
- Avoid or quit cigarette smoking
- Avoid chewing gum (causes air swallowing)

ANTI-REFLUX DIET

Your healthcare provider has advised you to begin an anti-reflux diet. This type of diet is actually easy to follow, requiring you to cut out just a few foods and beverages that either relax the lower part of the esophagus or increase the amount of acid in the stomach. These include :

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| 1. caffeinated drinks | 8. onions |
| 2. carbonated drinks | 9. peppermint |
| 3. spicy foods | 10. chocolate |
| 4. citrus fruits and juices | 11. alcohol |
| 5. nicotine (cigarettes, cigars, chewing tobacco) | |
| 6. tomatoes or tomato based food | |
| 7. greasy or fatty foods | |

	Foods to eat	Foods to avoid
beverages	Water, fruit juice except citrus, decaffeinated coffee or tea	Mint tea, regular coffee or tea, citrus juices, cocoa, alcohol, carbonated drinks
dairy	Skim milk, low fat milk, low fat yogurt, low fat or fat free sour cream and cream cheese, low fat cottage cheese	Whole milk, butter, chocolate milk, full fat sour cream, cream cheese, ice cream, high fat cheeses (cheddar, full fat dips)
vegetables	Any plain raw, baked, broiled, steamed vegetable except onions and tomatoes	Fried, creamed or spicy. Onions, tomatoes
fruits	Any plain, raw, broiled, baked fruit	Oranges, tangerines, tangelos, grapefruit, lemons, limes, fried fruit and creamy fruit dish
meats	Any plain, baked, broiled, steamed lean beef, pork, chicken, poultry, fish	Luncheon meat, hot dogs, sausage, bacon, fat back, salt pork, heavily marbled beef, fried, breaded, gravy or sauce, chili, pizza, tacos, anything marinated in spicy or tomato based sauces, barbeque sauce.
bread & cereal	Any low fat bread or cereal, plain rice, plain pasta	Any high fat bread/cereal. Bread made with milk, creamy or cheesy rice dishes, pasta with tomato sauce.
desserts	Low fat baked goods, low fat puddings, fruit pops, except citrus	Chocolate, creamy, high fat, cheesecakes, pie, ice cream
soups	Fat free or low fat soup, no tomato or onions	Full fat soups, tomato, onion, or creamy soups