**Indication**

The diet for gastroesophageal reflux disease (GERD) is designed to decrease symptoms associated with the reflux of gastric fluid into the esophagus. A hiatal hernia is often present also and complicates the gastric reflux, but is not the cause of it.

This diet is indicated for persons who have gastroesophageal reflux disease and its complications, such as esophageal ulcers, esophagitis, and peptic esophageal strictures. The diet is useful for those who experience heartburn, a common symptom of reflux.

**Description**

Recommendations are based on the regular diet with guidelines to decrease total fat intake, provide adequate protein, and avoid known irritants such as alcohol, carbonated beverages, citrus fruits and juices, tomato products, and coffee (with or without caffeine) according to individual tolerances. Calorie and further fat restrictions are indicated as needed to aid in weight loss. Large meals increase the likelihood of increased gastric pressure and subsequent reflux; therefore, smaller and more frequent meals are recommended.

The following practices are also suggested for reducing gastric reflux:
1. Achieve and/or maintain ideal body weight.
2. Eat five to six small meals.
3. Remain in an upright position for 30 minutes after eating meals.
4. Elevate the head of the bed 4-6 inches during sleep.
5. Avoid tight abdominal garments.
6. Limit bending and lifting activities.
7. Avoid smoking.

**Nutrition Adequacy**

This diet meets the Dietary Reference Intakes (DRI) for most nutrients.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Foods Allowed</th>
<th>Foods to Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beverages</td>
<td>Skim milk, 1% and 2% low fat milk or buttermilk; juices (any except citrus); decaffeinated non-mint tea, tomato juice (if tolerated)</td>
<td>Whole milk, chocolate milk, chocolate shakes or drinks; citrus drinks/juices; carbonated beverages; vegetable juice; mint tea; alcohol; regular coffee or decaffeinated coffee</td>
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<tr>
<td>Breads and cereals</td>
<td>Plain white or whole grain bread, cereals, rolls, biscuits, crackers; pancakes, waffles, French toast; muffins made with low-fat ingredients; bagels; corn tortillas</td>
<td>Breads and cereals prepared with high fat ingredients such as croissants, doughnuts, sweet rolls, muffins</td>
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<tr>
<td>Meats and meat substitute</td>
<td>Lean meat; skinless poultry; lean pork; fish (fresh or water packed), shellfish; nonfat, low fat yogurt; low fat cheeses; tofu; dried beans, peas;</td>
<td>Fried meat, poultry, fish or eggs; regular luncheon meats, hot dogs, sausages; refried beans (except low fat);</td>
</tr>
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<td>Food Group</td>
<td>Foods Allowed</td>
<td>Foods to Avoid</td>
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<tr>
<td>Potatoes and potato</td>
<td>Baked, boiled, and mashed potatoes without added fat; enriched pasta; rice</td>
<td>French fries, potato chips; pasta served with cream sauce</td>
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<tr>
<td>substitutes</td>
<td></td>
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<tr>
<td>Fruits</td>
<td>Fresh, frozen and canned fruits as tolerated</td>
<td>Orange, lemon, tangerine, pineapple, grapefruit, citrus juices</td>
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<tr>
<td>Vegetables</td>
<td>Plain fresh, frozen and canned vegetables prepared without fat, tomato (if tolerated) fresh or cooked un-concentrated</td>
<td>Fried or creamy style vegetables; tomato sauce</td>
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<tr>
<td>Fats</td>
<td>Nonfat or low fat dressings and mayonnaise; nonfat liquid or powdered cream substitutes, nonfat sour cream</td>
<td>Gravies; bacon; meat drippings; butter; margarine, vegetable oils, heavy cream, sour cream</td>
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<tr>
<td>Desserts</td>
<td>Angel food cake, sponge cake, low fat cookies; gelatin; fruit based desserts; sherbet; fruit ice, low-fat yogurt, pudding or custard made with 1% or 2% milk; reduced fat ice cream</td>
<td>Pies, cookies, cakes; ice cream; and desserts containing chocolate</td>
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<tr>
<td>Sweets and Miscellaneous</td>
<td>Sugar; honey; jam; jelly maple syrup; salt; garlic, oregano, sage, pepper; other herbs and spices</td>
<td>Butter, coconut, chocolate, cream candies; spices and herbs with tomato-base sauces; jalapeno peppers; vinegar, chili</td>
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</tbody>
</table>

### Sample Daily Menu

#### Breakfast
- ½ c. Apple juice
- ½ c. Whole-grain cereal
- ½ Banana
- 1 sl. Whole wheat toast
- 1 tsp. Margarine
- 1 tsp. Jam or jelly
- 1 c. Low-fat milk
- Herb tea (no mint)

#### Lunch
- ½ c. Vegetable soup
- 2 ea. Saltine crackers
- Hamburger (3 oz. meat) on Whole Wheat Bun
- 1 tsp. Reduced calorie mayonnaise
- Mustard
- Lettuce
- 1 serv. Fruit salad (no citrus)
- 1 c. Low-fat milk
- Herb tea (no mint)

#### Dinner
- ½ c. Green salad with 1 tbsp. salad dressing
- 3 oz. Broiled skinless chicken breast
- 2/3 c. Brown Rice
- ½ c. Steamed Broccoli
- 1 Whole Wheat Roll
- ½ c. Low-Fat Ice Cream
- 1 medium Apple
- Herb tea (no mint)