



# Anti-Reflux/GERD Diet

Revised: 1/4/2018

## 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. Wait three hours after eating before lying down
4. Elevate the head of the bed 6-9 inches during sleep.
5. Avoid tight abdominal garments.
6. Limit bending and lifting activities.
7. Avoid smoking.
8. Eat in a calm, relaxed place. Sit down while you eat.

## Nutrition Adequacy

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

Food Group	Recommended Foods
Milk and Milk Products	Buttermilk, Evaporated skim milk, fat-free (skim) or low fat (1%) milk, soy milk, non-fat 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 your grain servings

Fruits	Any prepared without added fat
Fats	Limit to less than 8 teaspoons per day; olive oil or canola oil
Beverages	Caffeine-free soft drinks Caffeine-free herbal teas except those made with peppermint or spearmint
Other	All condiments except pepper or those containing pepper

**Foods Not Recommended**

It is recommended that a trial of limiting or eliminating the follows 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 cheese, high-fat yogurt, chocolate milk, cocoa
  - Fried meats, bacon, sausage, pepperoni, salami, bologna, hot dogs
  - Nuts and nut butters
  - Pastries and other high-fat desserts (cookies, cake, doughnuts)
  - More than 8 teaspoons of oil, butter, shortening per day
- Any fruit or vegetables that cause symptoms (varies person to person)

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

Breakfast	1 packet cooked oatmeal ½ cup blueberries 1 cup skim milk
Lunch	3 ounces cooked chicken, for salad 2 cups lettuce ¼ cup sliced cucumbers 1-2 tbsp olive oil (for dressing) 1 banana

	4 whole wheat crackers
Afternoon Snack	1 oz low-fat cheddar cheese 1 small apple
Evening Meal	3 oz baked salmon ½ cup brown rice ½ cup steamed broccoli ½ cup steam carrots 1 whole wheat dinner roll 1 cup soy milk