

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 oesophagus or increase the amount of acid in the stomach. These include:

Caffeinated drinks, carbonated drinks, greasy or fatty foods, spicy food, citrus fruits and juices, tomatoes or anything tomato based, onions, peppermint, chocolate, alcohol, nicotine (cigarettes, cigars, chewing tobacco).

Here are some dietary suggestions:

Food type	Foods to eat	Foods to avoid
Beverages	Water, fruit juices (except citrus juice), decaffeinated tea or coffee (use carefully, since some people are also sensitive to decaffeinated beverages)	Mint tea, regular coffee or tea, citrus juices, cocoa, alcohol in any form, carbonated drinks with and without caffeine
Dairy products	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 such as cheddar, full fat dips
Vegetables	Any plain, raw, backed, broiled or steamed vegetable, except onions and tomatoes	Fried, creamed or spicy vegetable dishes, onions, tomatoes
Fruits	Any plain raw, broiled or baked fruit	Oranges, tangerines, tangelos, grapefruit, lemons, limes, any fried fruit, any creamy fruit dishes
Meats	Any plain baked, broiled, steamed lean beef, pork, chicken, poultry or fish	Luncheon meat, hot dogs, sausage, bacon, fat back, salt pork, heavily marbled beef, any fried, breaded or pan fried meat, poultry, fish, shellfish or pork, any dish with gravy or sauce, chili, pizza, tacos, anything marinated in spicy, tomato or barbequed sauces
Breads and cereals	Any low fat bread or cereal, plain rice, plain pasta	Any high fat bread/cereal, any bread made with milk, creamy or cheesy rice dishes, pasta with tomato sauce
Desserts	Low fat baked goods (look for less than 3 grams of fat per	Chocolate desserts, creamy desserts, high fat desserts, such

	serving), low fat or fat free puddings, fruit pops, except citrus pops	as cheesecake, pie, ice cream
Soups	Any fat free or low fat soup without tomatoes or onions	Full fat soups, tomato, onion, or French onion soup, creamy soups

In addition to dietary changes, some other tips to help reduce heartburn and reflux include:

Avoid eating and then bending over, lying down, reclining or going to sleep for two to four hours. Eat small meals instead of large meals, if you are still hungry simply eat more often. Raise the head of your bed 6 – 8 inches, this can be done by placing the head of the bed on blocks 6 – 8 inches high or by sleeping on a wedge. Do not sleep on several pillows, since this will not help. Avoid tight fitting clothing. Lose weight if you are overweight. Avoid fast food, since it is usually very high in fat.