

Lifestyle and Dietary Modifications for Gastro-Esophageal Acid Reflux Disease

EAT SMALL PORTIONS

STAY UPRIGHT FOR 3 HOURS AFTER MEALS

ELEVATE THE HEAD OF THE BED WITH BLOCKS (4 INCHES)

LOSE EXCESS WEIGHT

AVOID THE FOLLOWING BEVERAGES:

- Alcohol
- Caffeine
- Sodas
- Fruit juices

AVOID THE FOLLOWING FOODS:

- Spicy
- Fried
- Tomato-based sauces
- Garlic
- Onion
- Mint
- Chocolate
- Heavy/saucy foods