

<b>Prepared For:</b>		<b>Date:</b>	
<b>Prepared By:</b>		<b>Contact:</b>	

# Gastroesophageal Reflux Disease (GERD) Nutrition Therapy

Nutrition therapy makes sure that the food you eat will improve your health and help control your symptoms.

## Tips

### Lifestyle Tips

- Exercise at least three or four times each week.
- Wear loose-fitting clothes.
- Do not smoke.
- Raise the head of your bed 6 to 9 inches. You can put a foam wedge under the top part of the mattress or prop up the legs on the head of the bed with wooden blocks. (Stacking pillows is not effective.)
- Wait 3 hours after eating before lying down.
- Eat several small meals throughout the day.
- Eat in a calm, relaxed place. Sit down while you eat.

## Foods Recommended

Food Group	Recommended Foods
Milk and Milk Products	Buttermilk Evaporated skim milk Fat-free (skim) or low-fat (1%) milk Soy milk Nonfat 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 of your grain servings.

Vegetables	Any prepared without added fat. Eat a variety of vegetables, especially green and orange ones.
Fruits	Any prepared without added fat. Eat a variety of fruits.
Fats	Limit to less than 8 teaspoons per day; heart-healthy vegetable oils such as olive or canola oil.
Beverages	Caffeine-free herbal teas except those made with peppermint or spearmint
Other	All condiments except pepper

## Foods Not Recommended

It is recommended that a trial of limiting or eliminating the following 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 cheeses, high-fat yogurt, chocolate milk, cocoa
  - Fried meats, bacon, sausage, pepperoni, salami, bologna, frankfurters/hot dogs
  - Other fried foods (doughnuts, french toast, french fries, deep-fried vegetables)
  - Nuts and nut butters
  - Pastries and other high-fat desserts
  - More than 8 teaspoons of oil, butter, shortening per day
- Any fruits or vegetables that cause symptoms. (These will vary from person to person.)

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

<b>Breakfast</b>	2 packets cooked oatmeal 2 tablespoons raisins 1 cup soy milk Caffeine-free herbal tea (not made with peppermint or spearmint)
<b>Lunch</b>	2 oz cooked chicken, for salad 1 cup lettuce Low-fat dressing 1 small corn muffin 1/2 cup bananas, sliced 1/2 cup blueberries 1 cup nonfat milk
<b>Afternoon Snack</b>	6 oz apple juice 1 oz low-fat cheddar cheese 4 whole-wheat crackers
<b>Evening Meal</b>	Pasta primavera: 1 cup pasta 1/4 cup tomato 1/4 cup zucchini 1/4 cup broccoli 1 plain bread stick 1 baked apple, peeled with cinnamon 1 cup nonfat milk

## Gastroesophageal Reflux Disease (GERD) Vegetarian (Lacto-Ovo) Sample 1-Day Menu

<b>Breakfast</b>	1 cup cooked oatmeal 2 tablespoons raisins 1 cup fat-free milk Caffeine-free herbal tea (no peppermint)
<b>Lunch</b>	Salad made with: ½ cup kidney beans 1 cup lettuce 2 tablespoons low-fat salad dressing 1 small corn muffin 1 banana 1 cup fat-free milk ½ cup carrots ½ cup cucumbers
<b>Afternoon Snack</b>	4 whole wheat crackers 1 ounce low-fat cheddar cheese ½ cup blueberries
<b>Evening Meal</b>	1 cup pasta ½ cup meatless meatballs ¼ cup broccoli ¼ cup tomato ¼ cup zucchini 1 tablespoon olive oil 1 tablespoon parmesan cheese 1 plain bread stick 1 baked apple, peeled with cinnamon 1 cup fat-free milk

## Gastroesophageal Reflux Disease (GERD) Vegan Sample 1-Day Menu

<b>Breakfast</b>	1 cup cooked oatmeal 2 tablespoons raisins 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D Caffeine-free herbal tea (no peppermint)
<b>Lunch</b>	Salad made with: ½ cup kidney beans 1 cup lettuce 2 tablespoons low-fat salad dressing 1 plain dinner roll 1 banana 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D ½ cup carrots ½ cup cucumbers
<b>Afternoon Snack</b>	4 whole wheat crackers 2 tablespoons hummus ½ cup blueberries
<b>Evening Meal</b>	1 cup pasta ½ cup meatless meatballs ¼ cup broccoli ¼ cup tomato ¼ cup zucchini 1 tablespoon olive oil 1 plain bread stick 1 baked apple, peeled with cinnamon 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D

### Notes