

## 81 Family Clinic

### Gastric Advice for patients with GERD and other related conditions.

- Avoid foods and beverages associated with an increase in heartburn symptoms (chocolate, coffee, peppermint, greasy foods, spicy foods, tomato products, alcohol).
- Avoid or reduce smoking.
- Reduce weight, if overweight (but not if pregnant).
- Avoid eating large meals.
- Refrain from eating  $\leq 2-3$  h prior to going to bed or lying down.
- Wear loose-fitting clothing.
- For nocturnal symptoms:  
 Avoid lying down within 2-3 h of a meal.  
 Elevate the head of the bed  $\geq 6$  inches.  
 Use a foam pillow wedge.

Food Group	Foods To Avoid
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Orange juice</li> <li>• Lemon</li> <li>• Lemonade</li> <li>• Grapefruit juice</li> <li>• Cranberry juice</li> <li>• Tomato</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Mashed potatoes</li> <li>• French fries</li> <li>• Onion, raw</li> </ul>
<b>Meat</b>	<ul style="list-style-type: none"> <li>• Ground beef, chuck</li> <li>• Marbled sirloin</li> <li>• Chicken nuggets</li> <li>• Buffalo wings</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Sour cream</li> <li>• Milk shake</li> <li>• Ice cream</li> <li>• Cottage cheese, regular</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>• Macaroni and cheese</li> <li>• Spaghetti with sauce</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Liquor</li> <li>• Wine</li> <li>• Coffee, decaffeinated or regular</li> <li>• Tea, decaffeinated or regular</li> </ul>
<b>Fats / Oils</b>	<ul style="list-style-type: none"> <li>• Salad dressing, creamy</li> <li>• Salad dressing, oil &amp; vinegar</li> </ul>
<b>Sweets / Desserts</b>	<ul style="list-style-type: none"> <li>• Butter cookie, high-fat</li> <li>• Brownie</li> <li>• Chocolate</li> <li>• Doughnut</li> <li>• Corn chips</li> <li>• Potato chips, regular</li> </ul>

Food Group	Foods With Little Potential to Cause Heartburn
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Apple, fresh</li> <li>• Apple, dried</li> <li>• Apple juice</li> <li>• Banana</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Baked potato</li> <li>• Broccoli</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Green beans</li> <li>• Peas</li> </ul>
<b>Meat</b>	<ul style="list-style-type: none"> <li>• Ground beef, extra-lean</li> <li>• Steak, London Broil</li> <li>• Chicken breast, skinless</li> <li>• Egg whites</li> <li>• Egg substitute</li> <li>• Fish, no added fat</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Cheese, feta or goat</li> <li>• Cream cheese, fat-free</li> <li>• Sour cream, fat-free</li> <li>• Soy cheese, low-fat</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>• Bread, multi-grain or white</li> <li>• Cereal, bran or oatmeal</li> <li>• Corn bread</li> <li>• Graham crackers</li> <li>• Pretzels</li> <li>• Rice, brown or white</li> <li>• Rice cakes</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Mineral water</li> </ul>
<b>Fats / Oils</b>	<ul style="list-style-type: none"> <li>• Salad dressing, low-fat</li> </ul>
<b>Sweets / Desserts</b>	<ul style="list-style-type: none"> <li>• Cookie, fat-free</li> <li>• Jelly beans</li> <li>• Red licorice</li> <li>• Potato chips, baked</li> </ul>