

## ***Healthy Eating for Better Breathing - GERD***

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### **If I have Gastroesophageal Reflux Disease (GERD), what foods should I limit?**

GERD is generally described as a backflow of acid from the stomach into the esophagus. Some symptoms of GERD include heartburn, regurgitation, and painful swallowing of foods.

- Maintain a healthy weight. Weight loss may help to relieve the pressure on the stomach.
- Certain foods can worsen symptoms.

These foods include:

- spicy foods
- fatty foods
- citrus fruits and juices like lemons and oranges
- caffeine products such as coffee, tea or cola drinks
- tomato products (such as tomato juice and pasta sauce)
- onions and garlic
- peppermint
- chocolate
- carbonated beverages
- alcohol

#### **Other suggestions:**

- Eat slowly and chew foods thoroughly.
- Avoid lying down after meals.
- Avoid tight fitting clothing.
- Avoid eating two to three hours before bedtime.
- If you drink alcohol, do so in moderation.
- Elevate the head of the bed or mattress.
- Work together with your physician and dietitian to manage GERD is recommended.

**If you are struggling to eat healthy, you may benefit from the advice of a Registered Dietitian. Ask your doctor or health care team member for a referral to a dietitian.**