



Eating Right, Living Well: Anti-Reflux Diet Fact Sheet

Gastroesophageal reflux disease, also called GERD or reflux disease, is often aggravated by dietary and other lifestyle factors. If you suffer from reflux, there are many simple changes you can make to help reduce acid production in your stomach as well as the flow of acid back up to the esophagus.

- **Avoid substances that can increase acid production in the stomach**
 - Citrus fruits and juices
 - High-fat foods, including fried foods and full-fat dairy products
 - Peppers/onions (for some people)
 - Spicy foods (for some people)
 - Tomato products (for some people)
 - Large portion sizes of any food

- **Avoid substances that can promote flow of acid to esophagus**
 - Alcohol
 - Caffeine (chocolate, coffee, soda, tea)
 - Chocolate
 - Peppermint
 - Spearmint
 - Tobacco

- **Follow other dietary and lifestyle recommendations**
 - Eat small frequent meals throughout the day
 - Spend time walking after a meal to aid digestion
 - Avoid lying down at least 2 hours after eating any meals
 - Sleep with head elevated
 - Maintain a healthy weight, as excess weight contributes to reflux
 - Exercise regularly
 - Avoid use of all tobacco products

For more information, visit the Monahan Center at www.monahancenter.org or call 212-746-WELL