

## GERD Anti-Reflux Diet

Diet is one important part of controlling Gastroesophageal Reflux Disease (GERD). Other changes may also be helpful in feeling good. This diet should only be followed at the recommendation of your doctor.

### What changes in eating may help a person with GERD feel better?

- If you are overweight or have recently gained weight, losing weight is the most important diet change you can make to help reduce symptoms.
  - Contact St. Luke's Weight Management for assistance losing weight at (319) 558-4867.
- Stop eating 2-3 hours before reclining or lying down.
- Limit or avoid high fat foods 2-3 hours before reclining or lying down such as:
  - fried foods including fried chicken, fried fish, French fries and regular chips
  - high fat meats including ribs, bacon, sausage, pepperoni, salami, bologna and hot dogs
  - whole and 2% milk, high-fat cheese, pizza, rich desserts, pastries and creamed foods
  - nuts and nut butters
  - high fat condiments such as margarine, butter, gravy, salad dressing, cream cheese and sour cream.
- Previously the following foods were thought to increase symptoms. However, new research shows that most people can include them in their diet. **You may eat the following foods unless they cause a worsening of symptoms.**
  - alcohol (beer, wine, liquor)
  - caffeine
  - chocolate
  - pepper, peppermint and spearmint
  - citrus, tomato products or onions

### What other things should I know about stopping GERD?

- Place a foam wedge under mattress or blocks under the head of the bed so your head is raised 6-9 inches during sleep.

### What should I eat & drink at my meals?

Try these sample menus for ideas:

**Breakfast** - Apple juice, scrambled egg with toast/margarine & jam

**Morning Snack** - Banana, graham crackers & skim milk

**Lunch** - Turkey sandwich on bread with lettuce, baby carrots, fresh peach & skim milk

**Afternoon Snack** - Vanilla pudding or vanilla wafers and skim milk

**Dinner** - Grilled lean hamburger on a bun with mustard, cooked green beans, fresh canteloupe, skim milk

**Please call the St. Luke's Nutrition Center if you have questions  
about this diet – 319/369-7440.**