

Anti-Reflux Diet

Your health care provider has advised you to begin an anti-reflux diet. This type of diet is actually easy to follow. You need to cut out just a few foods and beverages that either relax the lower part of the esophagus or increase the amount of stomach acid. These include caffeinated drinks, carbonated drinks, greasy or fatty foods, spicy food, citrus fruits and juices, tomatoes or anything tomato based, onions, peppermint, chocolate, alcohol, nicotine (cigarettes, cigars, chewing tobacco).

Dietary suggestions

Food Type	Foods & Drinks to Enjoy	Foods & Drinks to Avoid
Beverages	Water, fruit juices (except citrus fruit like orange juice), decaffeinated tea and coffee (use carefully because some people are also sensitive to decaffeinated beverages)	Mint tea, regular coffee and tea, citrus juices, cocoa, alcohol in any form, carbonated drinks with and without caffeine
Dairy Products	Skim milk, low-fat milk, low-fat yogurt, low-fat and fat-free sour cream and cream cheese, low-fat cottage cheese	Whole milk, butter, chocolate milk, full-fat sour cream, cream cheese, ice cream, high-fat cheeses, such as cheddar, full-fat dips
Vegetables	All plain raw, baked, broiled or steamed vegetables, except onions and tomatoes	Fried, creamed or spicy vegetable dishes, onions, tomatoes
Fruits	Any plain raw, broiled and baked fruit	Oranges, tangerines, tangelos, grapefruit, lemons, limes, any fried fruit, any creamy fruit dishes
Meats	Any plain baked, broiled, steamed lean beef, pork, chicken and other poultry, and fish	Luncheon meat, hot dogs, sausage, bacon, fat back, salt pork, heavily marbled beef, any fried, breaded and pan-fried meat, poultry, fish, shellfish or pork, any dish with gravy or sauce, chili, pizza, tacos, anything marinated in spicy, tomato or barbecue sauces
Breads and Cereals	Any low-fat bread and cereal, plain rice, plain pasta	Any high-fat bread and cereal, any bread made with milk, creamy or cheesy rice dishes, pasta with tomato sauce
Desserts	Low-fat baked goods (look for fewer than 3 grams of fat per serving), low-fat or fat-free puddings, fruit pops, except citrus pops	Chocolate desserts, creamy desserts, high-fat desserts, such as cheesecake, pie, ice cream
Soups	Any fat-free or low-fat soup without tomatoes or onions	Full-fat soups, tomato, onion, or French onion soup, creamy soups

Additional Tips

In addition to dietary changes, some other tips to help reduce heartburn and reflux include:

- Avoid bending over, lying down, reclining or going to sleep for two to four hours after eating.
- Eat small meals instead of large meals; if you are still hungry, then eat more often.
- Raise the head of your bed 6 to 8 inches by placing blocks under the feet of the head of the bed or by sleeping on a wedge.
- Avoid tight-fitting clothing.
- Lose weight if you are overweight.
- Avoid fast food because it is usually very high in fat.