

# GERD/REFLUX DIET TIPS

Want to work with a Dietitian? Schedule a free 30-minute discovery call with Danielle Starmer, RD LDN at [www.starmernutrition.com](http://www.starmernutrition.com)

If you are struggling with GERD, reflux, or heartburn, there are certain diet and lifestyle changes that may ease your symptoms. It is important to note that what works for you may not work for others, so you should adjust your diet and lifestyle based on what helps your symptoms.

## Common Trouble Foods for GERD/Reflux

Spicy Foods, Black Pepper

Chocolate

Raw Onion, Garlic

Caffeine

Citrus/Acidic Foods

Fatty/Greasy Foods (Fast Food, Salad Dressing, Potato Chips, Ice Cream)

Tomato Products

Peppermint

## Lifestyle Changes That May Help

Eat Smaller Meals and Eat Slowly (30 minutes per meal)

Avoid Late Evening Snacks or Lying Down within 2 Hours of Eating

Limit Caffeine and Alcohol

Quit Smoking

Reduce Stress

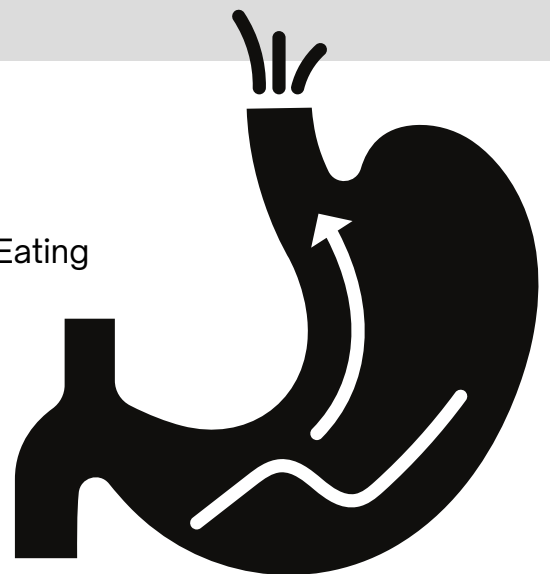
Avoid Tight Fitting Clothing around your Abdomen

Lose Weight (if you are overweight)

Try Light Walking for 15-30 Minutes Following a Meal

Sleep on Your Left Side

Elevate the Head of your Bed 6-8 inches When Sleeping



***Remember that what works for others may not work for you. For personalized nutrition counseling and support, schedule a free discovery call with Registered Dietitian Danielle Starmer today at [www.starmernutrition.com](http://www.starmernutrition.com)***