

# Diet for Gastroesophageal Reflux

## Why follow a diet for gastroesophageal reflux?

You will need to follow this diet if you have been diagnosed with gastroesophageal reflux disease or have other problems involving your esophagus. This diet, along with prescribed medication, should help prevent uncomfortable side effects, such as heartburn.

**Dietitian name**  
**Phone number**



AMERICAN DIETETIC ASSOCIATION

## IMPORTANT POINTS TO KEEP IN MIND

The following dietary modifications will help decrease reflux:

- Aim for a healthy weight.
- Eat small, frequent meals.
- Sit up while eating and for 1 hour afterward.
- Avoid eating within 2–3 hours before bedtime.
- Go easy on caffeine-containing foods and beverages, citrus and tomato products, and chocolate if these foods cause discomfort.
- Try problem foods in small amounts or as part of a meal.

You may also want to avoid tight abdominal clothing and cigarette smoking to help decrease reflux.

## NOTES:

## SAMPLE MENU TO DECREASE GASTROESOPHAGEAL REFLUX

### BREAKFAST

Apple juice (¼ cup)  
Whole-grain cereal (½ cup)  
Whole-wheat toast (2 slices)  
Margarine (2 tsp)  
Jelly (1 tbsp)  
Fat-free milk (1 cup)  
Coffee or tea (as tolerated)

### SNACK

Apple (1)  
Graham crackers (4)  
Fat-free milk (½ cup)

### LUNCH

Vegetable soup (1 cup)  
Saltine crackers (4)  
Lean hamburger (3 oz)  
Hamburger bun (1)  
Reduced-calorie mayonnaise (1 tbsp)  
Mustard (1 tbsp)  
Lettuce  
Fresh fruit salad, no citrus (½ cup)  
Iced tea

### DINNER

Tossed salad (1 cup)  
Reduced-calorie dressing (1 tbsp)  
Boneless, skinless chicken breast (3 oz)  
Herbed brown rice (½ cup)  
Steamed broccoli (½ cup)  
Whole-grain dinner roll (1)  
Margarine (1 tsp)  
Low-fat yogurt (½ cup)  
Coffee or tea (as tolerated)

### SNACK

Low-fat frozen yogurt (½ cup)  
Banana (½)

