

Gastroesophageal Reflux Diet (GERD)

This guide has been prepared for your use by registered dietitians. If you have questions or concerns, please call the nearest Aurora facility to contact a dietitian. Diet counseling is available to discuss your specific needs.

Why follow a diet for gastroesophageal reflux?

This diet, along with prescribed medication, should help prevent uncomfortable side effects, such as heartburn.

Important points to keep in mind

- Stop smoking.
- Wear loose-fitting clothes.
- Achieve and maintain a healthy weight.
- Eat small frequent meals.
- Sit or stand in an upright position during and for 45 to 60 minutes after eating.
- Try problem foods in small amounts as part of a meal.
- Avoid eating within 2 to 3 hours before bedtime.
- Raise the head of the bed 6 to 8 inches when sleeping.

Foods to limit or avoid

- High-fat foods
- Alcohol
- Carbonated beverages
- Chocolate
- Citrus juices
- Coffee and caffeinated beverages
- Tomato products

Food groups	Usually well tolerated	May cause discomfort	Tips
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Breads, cereals, rice and pasta

<p>5 to 8 servings per day</p> <p>1 serving =</p> <p>1 slice of bread</p> <p>1 cup ready-to-eat cereal</p> <p>½ cup cooked cereal, rice, pasta</p> <p>½ bagel, bun, English muffin</p>	<p>Plain (with or without whole grain flour) bread, rolls, crackers, cereals, rice, barley and plain pastas; pasta with low-fat cream sauce</p> <p>French toast, muffins, biscuits, pancakes and waffles made with low-fat ingredients; bagels; corn tortillas</p> <p>Fat-free crackers</p>	<p>Breads and cereals made with high fat ingredients such as croissants, doughnuts, sweet rolls, muffins, biscuits and granola-type cereals</p> <p>Pasta served with cream sauces and tomato-based sauces</p> <p>High fat snack crackers</p>	<p>Spread jellies and jams on breads instead of butter or margarine</p> <p>Sprinkle low-fat cheese, such as part-skim ricotta or mozzarella, on pasta in place of cream or tomato sauce</p>
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Food groups	Usually well tolerated	May cause discomfort	Tips
Vegetables			
<p>2 to 3 cups per day</p>	<p>Fresh, frozen or canned vegetables</p> <p>Baked, boiled and mashed potatoes without added fat</p>	<p>Fried or creamed vegetables, tomatoes and tomato products, onions, vegetable juices</p> <p>French-fried potatoes, potato chips</p>	<p>Cook vegetables in broth or sprinkle with herbs to add flavor</p>
Fruits			
<p>1½ to 2 cups per day</p>	<p>Fresh, frozen and canned fruits as tolerated</p> <p>Fruit juices as tolerated</p>	<p>Lemons, grapefruit, oranges, pineapples and tangerines</p> <p>Citrus juices</p>	<p>Include other sources of vitamin C, such as cantaloupe, potatoes and strawberries</p>
Milk, yogurt and cheese			
<p>3 cups per day</p> <p>1 cup = 1 cup milk or yogurt 1½ oz. natural cheese 2 oz. processed cheese</p>	<p>Fat-free, low-fat and reduced fat milk, low-fat buttermilk</p> <p>Low-fat and nonfat yogurt</p> <p>Low-fat cheeses, cottage cheese</p>	<p>Whole milk, buttermilk made with whole milk, chocolate milk, chocolate shakes or drinks</p> <p>Evaporated whole milk and cream</p> <p>Regular cheeses</p>	<p>In recipes that call for higher fat items, such as whole milk or cream, replaced with skim milk or low-fat cottage cheese</p>
Meats, fish, poultry, dry beans and peas, eggs and nuts			
<p>5 to 6 ounces per day</p> <p>1 ounce = 1 oz. cooked meat, poultry or fish 1 egg 1/4 cup cooked dried beans 1 Tbsp. peanut butter ½ oz. nuts or seeds</p>	<p>Lean beef, pork, lamb, veal, and poultry (without the skin): All fresh, frozen or canned fish packed in water; shellfish</p> <p>Low-fat luncheon meats</p> <p>Eggs (limit to 3 to 4 egg yolks weekly)</p> <p>Dry beans and peas prepared without fat (includes fat-free refried beans)</p> <p>Reduced fat peanut butter</p> <p>Tofu</p>	<p>All fried, fatty, or heavily marbled meat, poultry or fish</p> <p>Regular luncheon meats, including bologna, salami and pimento loaf; sausages, wieners</p> <p>Dry beans and peas prepared with fat or high-fat meat; refried beans</p> <p>Nuts and peanut butter</p>	<p>Broil, roast, grill or boil meats, poultry and fish instead of frying</p> <p>Select or prepare meats in their natural juice instead of sauces or gravies</p>

Continued

Food groups	Usually well tolerated	May cause discomfort	Tips
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Fats, snacks, sweets, condiments and beverages

<p>Use sparingly</p>	<p>Nonfat or low-fat dressings and mayonnaise; nonfat liquid or powdered cream substitutes; nonfat or reduced fat sour cream</p> <p>Soups made with a vegetable or broth base, lean meat, vegetables (except tomatoes) and low fat milk</p> <p>Sherbet, fruit ice, gelatin, angel food cake, graham crackers, low-fat cookies, frozen yogurt, reduced fat ice cream, pudding or baked custard made with low-fat milk and other low-fat or nonfat desserts</p> <p>Sugar, honey, jams, jellies, molasses, syrups, hard candy and marshmallows</p> <p>Decaffeinated coffee, non-mint tea</p> <p>Salt, pepper, garlic, oregano, sage, other spices and herbs (as tolerated)</p>	<p>Regular salad dressings, butter, margarine, oil, bacon, gravy, regular sour cream, cream cheese</p> <p>Regular cream and tomato-based soups</p> <p>High-fat snacks, such as chips, buttered popcorn</p> <p>All other cakes, cookies, pies, ice cream, pastries, and doughnuts</p> <p>Any desserts containing chocolate</p> <p>Coconut, chocolate or cream-filled candy</p> <p>Candy with nuts</p> <p>Carbonated beverages, regular coffee, mint tea, and alcoholic beverages</p> <p>Tomato-based sauces</p> <p>Spearmint, peppermint; chili and jalapeño peppers; vinegar</p>	<p>Sprinkle seasonings, such as garlic, onion powder, or oregano on cooked foods in place of butter or margarine</p> <p>Snack on fresh fruit instead of chips or cookies</p>
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A registered dietitian can help.

For a list of Aurora facilities with a dietitian, please call Aurora Health Care toll free at 888-863-5502

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem. Aurora Health Care is a not-for-profit health care provider and a national leader in efforts to improve the quality of health care.