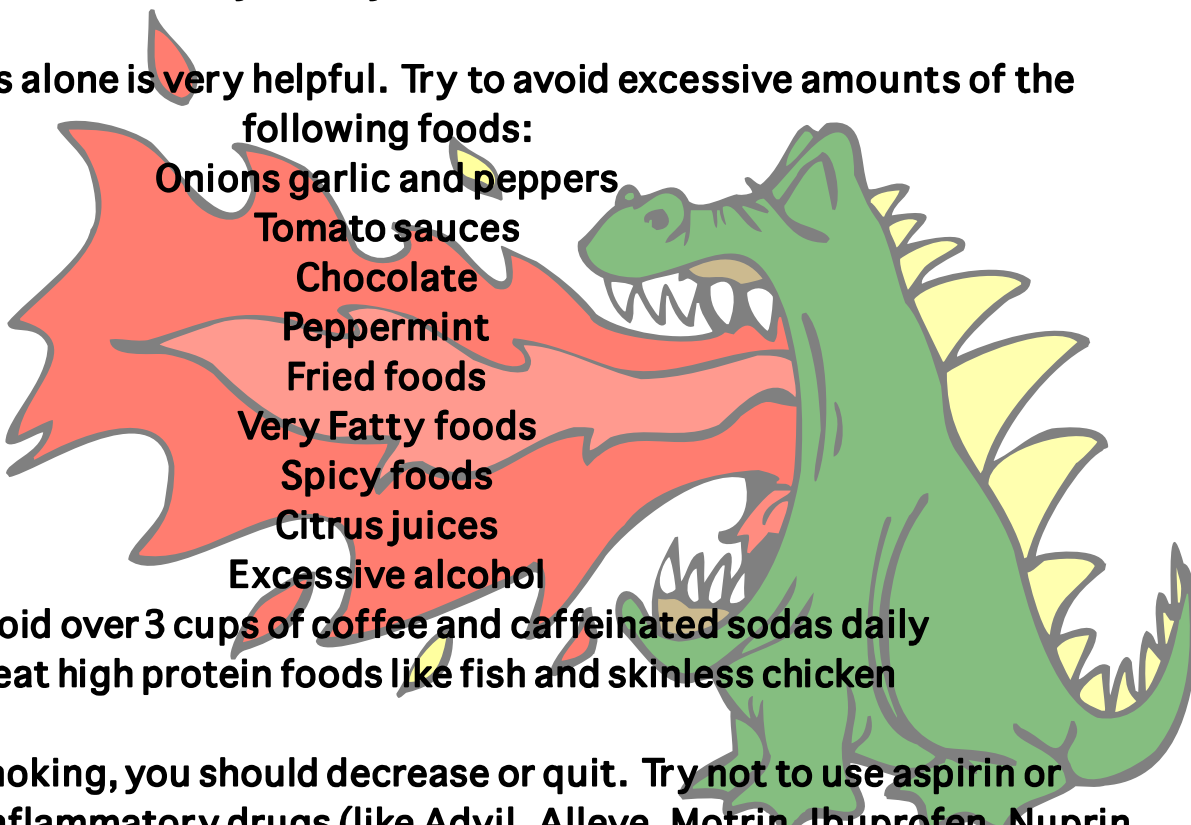


Your GERD diet

Gastroesophageal Reflux Disease (or GERD) is a common, often recurring condition. While medications may control your symptoms, lifelong medications are often not desirable.

The following changes in your diet and lifestyle will help decrease your GERD symptoms and may allow you to use less medication.

Often weight loss alone is very helpful. Try to avoid excessive amounts of the following foods:



- Onions garlic and peppers
- Tomato sauces
- Chocolate
- Peppermint
- Fried foods
- Very Fatty foods
- Spicy foods
- Citrus juices
- Excessive alcohol

Try to avoid over 3 cups of coffee and caffeinated sodas daily
Try to eat high protein foods like fish and skinless chicken

Also if you're smoking, you should decrease or quit. Try not to use aspirin or non-steroidal anti-inflammatory drugs (like Advil, Alleve, Motrin, Ibuprofen, Nuprin, and others) unless prescribed by a physician and absolutely necessary. Tylenol is OK.

You should try to eat smaller and more frequent meals and avoid lying down for about 1 hour after you eat. If your symptoms are severe, you can sleep on a wedge elevating your head 30 degrees or put 3 inch wooden blocks underneath the head of the bed frame.

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