



Department of Gastroenterology
484 Golden Autumn Way Suite 201
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Phone: (270) 781-5111 Fax: (270) 780-0475
www.gravesgilbert.com/departments/gastroenterology

Lifestyle Changes for Patients with Reflux

- 1. Avoid tight-fitting clothing, bending at the waist or other physical activity that puts pressure on the abdomen.**
- 2. Eliminate the use of alcohol and tobacco products.**
- 3. Eat slowly and chew food well. Meals should be moderate in size. Do not overeat at mealtime.**
- 4. Avoid highly spiced foods, fatty foods, peppermint and caffeinated foods and beverages such as coffee, tea, chocolate and colas. Additionally, avoid any foods which are known to you to irritate your stomach.**
- 5. Do not lie down or go to be for at least 3 (three) hours after eating. An upright posture, such as standing or sitting should be maintained to avoid aggravating symptoms.**
- 6. Elevate the head of your bed by placing wooden blocks, bricks, books, etc. under the frame of your bed such that the headboard or legs of the head of the are 6 (six) inches off the floor.**
- 7. Do not exercise too soon after eating. Wait at least 2 (two) hours.**
- 8. Watch your weight. Being overweight increases intra-abdominal pressure which worsens the symptoms of reflux. Overweight individuals should reduce their weight to that which is nearer to normal for their age, height and body frame.**
- 9. Take the medication prescribed by your physician as directed. If you have any questions, please do not hesitate to contact our office.**



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REFLUX – ACCEPTABLE FOODS

Meats

All Tenderloin, Flank, T-Bone
& Porterhouse Steak
Rib & Rump Roast
Liver
Veal
Chicken
Capon & Cornish Hens
Turkey
Loin Pork Chops
Pheasant
Quail
Venison

Fish

Sole
Halibut
Monk
Tuna
Bass
Smoked Fish
Salmon
Flounder
Haddock
Lobster
Mackerel
Perch
Pike
Shad
Scallops
Shrimp
Trout

Potatoes

All Red, White, Sweet & Yams
(No canned potatoes)

Rice

All White, Brown & Gourmets

Soups

All non-tomato, use with discretion
(Creamed soups may cause excess
mucus and/or reflux disorders)

Pasta

Pesto Sauce, Garlic & Oil
White Clam Sauce Only

Vegetables & Starches

Beets
Carrots
Eggplant
(Grilled or sautéed only)
Kidney Beans
Lima Beans
String Beans
Spinach
Artichokes
Asparagus
Brussel Sprouts
Cauliflower
Buttercup Squash
Acorn Squash
Butternut Squash
Delicata Squash
Zucchini Squash
(Both yellow and green)
Gourmet Squash
Broccoli
Parsnips
Wax beans
Brocco Flower

Sweet Fruits

Bananas
Dates
Figs
Raisins
Thompson & Muscat Grapes
Prunes
Persimmons
Melons
Strawberries
Raspberries
Blueberries
Blackberries
Sun-Dried Pears

Herbs & Seasonings

Basil Leaves
Bay Leaves
Chervil Leaves
Chives
Cilantro Leaves
Dill Weed
Majoram
Oregano Leaves (Mediterranean)
Parsley Flakes
Rosemary
Sage
Savory
Tarragon Leaves
Thyme
Garlic
Soy Sauce
White Pepper

**Stomach Acid Reflux
What Can I Eat?**



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Stomach acid reflux is common problem.

Your doctor may recommend that you avoid foods and drinks that are known to make stomach acid reflux worse. These include fatty foods, alcohol, chocolate, caffeinated drinks (such as coffee, tea, soda), peppermint, spearmint and spices. If you are overweight, dieting may also help.

Coffee Substitute's: Postum; Coffee (Swiss blend of chicory, figs, wheat, malted barley & acorns)

Foods & Drinks to Avoid: Fatty Foods, Alcohol, Chocolate, Coffee, Tea, Caffeinated Soft Drinks (decaffeinated coffee still has some caffeine), Peppermint & Spearmint, Spices & Vinegar, Citrus Fruits & Juices and Tomatoes & tomato sauces

Other Anti-Reflux Measures

- Do not eat or drink for 2 hours before going to bed
- Avoid lying down after meals
- Elevate the head of your bed 6 inches (Use a bed wedge from any surgical supply store)
- Do not wear tight clothing around your abdomen
- Avoid straining, weight lifting, prolonged bending, constipation
- Lose weight (if you are overweight)

Since the likelihood of reflux is increased after a meal, it is important to avoid eating or drinking for 2 hours before going to bed, except for taking any medicine prescribed by your doctor. Remember to avoid lying down after any meal.

Acid Fruits to Avoid: Orange, Grapefruit, Pineapple, Pomegranate, Tomato, Lemon/Lime, Sour Apple, Sour Grape, Sour Peach, Sour Plum

Sub-Acid Fruits to Avoid: Fresh Fig, Pear, Sweet Cherry, Papaya, Mango, Cherimoya, Sweet Peach, Sweet Apple, Apricot, Sweet Plum, Huckleberry, Mangosteen

Spicy Meats in These Restaurants: Japanese, Mexican, Thai, Chinese, Indian, Some Italian

Dairy Products: (Cause excess mucus refrain)

Many Individuals Are Sensitive To: Cucumbers, Scallions, Onions, Radishes, and Leeks