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## **DIET RECOMMENDATIONS FOR REFLUX DISEASE (GERD/HEARTBURN):**

### AVOID THE FOLLOWING FOODS:

- COFFEE (INCLUDING DECAF)
- ALCOHOL OF ALL TYPES
- CARBONATED BEVERAGES
- CHOCOLATE
- CITRUS & CITRUS JUICES
- FRIED FOODS
- TOMATO SAUCE (FRESH TOMATOS ARE OK!)
- GARLIC
- ONIONS
- MINT
- KETCHUP & MUSTARD
- VINEGAR

AVOID EATING LESS THEN 2-3 HOURS BEFORE LYING DOWN

DECREASE PORTION SIZE. DO NOT OVEREAT.

*SOME PEOPLE FIND THAT GINGER IS EXTREMELY SOOTHING TO THE G.I. TRACT: THIS CAN BE TRIED AS GINGER CANDY, GINGER TEA, OR BY STEEPING A PIECE OF GINGER IN HOT WATER FOR 20 MINUTES AND THEN DRINKING THE WATER THREE TIMES DAILY*