

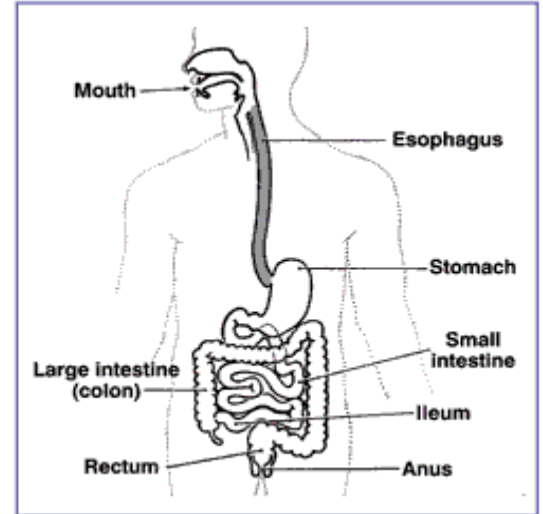
Gastroesophageal Reflux Disease (GERD)

What is GERD?

Gastroesophageal Reflux Disease (GERD) may occur when food and liquids in your stomach repeatedly travel back up to your esophagus. The esophagus is a tube that carries food, liquids, and saliva from the mouth to the stomach.

Signs and Symptoms of GERD

- A burning feeling in your esophagus or chest (heartburn) more than two times per week
- Rough or hoarse sounding voice in the morning
- Trouble swallowing
- Feeling like there is food stuck in your esophagus
- Choking on food
- Tight feeling in your esophagus



The digestive tract is made up of the mouth, esophagus, stomach, small intestine, colon, and rectum. GERD affects the esophagus and stomach.

What Causes GERD?

The backflow of stomach acid and juices into the esophagus occurs when the valve between the lower end of the esophagus and the stomach does not close tightly enough. A hernia, alcohol use, smoking, overeating, and being overweight or pregnant may cause GERD.

What Dietary Changes Will Help?

Things To Avoid:

- Drinks with caffeine (cola, coffee, hot chocolate, tea)
- Spicy foods (Jalapeño peppers, chili peppers)
- Fatty and fried foods (fried chicken, French fries)
- Chocolate
- Tomato-based foods (spaghetti sauce, chili, pizza)
- Garlic and onions
- Citrus fruits (oranges, grapefruit)
- Mint flavorings (peppermint)
- Alcohol

Things To Do:

- Eat five to six small meals, instead of three large meals (smaller meals will help to decrease stomach acid)
- Eat slowly and chew food well
- After you eat, wait three hours to lie down
- Wear loose-fitting clothes
- Lose weight if obese (consult your healthcare team before making major changes in your diet)
- Do not smoke

Sample Meal Plan

Breakfast

Cereal (3/4 cup)
Low-fat milk (1 cup)
Apple juice (1 cup)
1 apple

Morning Snack

Yogurt (8 ounces)
½ banana
Water (1 cup)

Lunch

Turkey sandwich
Mayonnaise
Side salad
Low-fat dressing
Cranberry juice (1 cup)
1 pear

Afternoon Snack

1 bagel (small)
2 tbsp. Jelly
Low-fat milk (1 cup)

Dinner

Grilled chicken breast
Steamed green beans
Steamed carrots
Brown rice
Milk (1 cup)

Bedtime Snack

Vanilla pudding
Graham crackers
Decaffeinated/herbal tea (1 cup)

* This is a sample diet. There are foods not listed in this sample diet that are ok to eat as part of a diet for GERD. Please do not limit your intake to just those foods listed on this menu.

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.