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DIPLOMATE, AMERICAN BOARDS  
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## **Anti-Reflux Diet**

**Indications:** In treatment of heartburn, esophagitis, hiatal hernia, and gastroesophageal reflux disease

**Recommended Foods:**

- Low-fat meat, chicken, fish, or turkey
- All vegetables
- Apples, berries, melons
- Low-fat or fat-free milk, low-fat yogurt
- Low-fat breads and cereals
- Decaffeinated beverages (coffee, tea, soft drinks)
- Water

**Foods to Avoid:**

- Fatty/fried foods (fatty meats, bacon, sausage, cold cuts, chicken fat)
- Whole (4%) milk
- Citrus fruits or juices (grapefruit, orange, lemonade)
- Pineapple juice
- Tomato-based products
- Chocolate, peppermint and spearmint
- Oils
- Creamed foods
- Regular coffee
- Carbonated beverages
- Alcoholic beverages
- Peppers and spicy foods

**Helpful Tips which may Reduce Symptoms:**

- Avoid nicotine. Wear loose-fitting clothing
- Avoid overeating and avoid large meals before lying down
- Eat small frequent meals (5-6 per day rather than 3 large meals)
- Avoid lying down within 2 hours of eating
- Lose weight if you are overweight
- Elevate head of bed 6 inches (bedblocks, phonebooks, bricks, not just pillows)

