

Gastroenterology and Internal Medicine Specialists, S.C.

22285 Pepper Road, #311
LAKE BARRINGTON, ILLINOIS 60010

24 HOUR ANSWERING SERVICE
TELEPHONE (847) 382-4410
FAX (847) 382-4451
www.GastroDr.com

REFLUX DIET

1. Reduce meal sizes to fist size portions, especially if symptoms occur after eating.
2. Try to stop smoking, or at least cut down on the number of cigarettes you smoke.
3. Try to keep your weight down.
4. Raise the head of your bed about 6 inches.
5. Avoid eating for 2-3 hours before going to sleep.

FOOD TO AVOID/USE WITH DISCRETION:

<u>Food Group</u>	<u>Food To Avoid</u>	<u>Food Group</u>	<u>Food To Be Consumed With Discretion</u>
Fruit	<ul style="list-style-type: none"> - Orange Juice - Lemon - Lemonade - Grapefruit juice - Cranberry juice - Tomato 	Fruit	<ul style="list-style-type: none"> - Orange juice, low-acid - Apple cider - Peach - Blueberries - Raspberries - Strawberries - Grapes - Cranberries, dried
Vegetables	<ul style="list-style-type: none"> - Mashed potatoes - French fries - Onion, raw 	Vegetables	<ul style="list-style-type: none"> - Garlic - Onion, cooked - Leeks - Sauerkraut - Scallions
Meat	<ul style="list-style-type: none"> - Ground beef, chuck - Marbled sirloin - Chicken nuggets - Buffalo wings 	Meat	<ul style="list-style-type: none"> - Ground beef, lean - Chicken salad - Scrambled eggs, in butter - Eggs, fried - Fish, fried - Tuna salad - Hot dog, beef or pork - Ham
Dairy	<ul style="list-style-type: none"> - Sour cream - Milk shake - Ice cream - Cottage cheese, regular 	Dairy	<ul style="list-style-type: none"> - Yogurt - Milk, 2% or skim - Frozen yogurt - Cottage cheese, low-fat - Cheddar cheese - Mozzarella cheese
Grains	<ul style="list-style-type: none"> - Macaroni and cheese - Spaghetti with sauce 	Grains	<ul style="list-style-type: none"> - Garlic bread - Muffin - Granola cereal
Beverages	<ul style="list-style-type: none"> - Liquor - Wine - Coffee, decaffeinated or regular - Tea, decaffeinated or regular 	Beverages	<ul style="list-style-type: none"> - Non-alcoholic wine - Beer - Non-alcoholic beer - Cola - Root beer
Fats/Oils	<ul style="list-style-type: none"> - Salad dressing, creamy - Salad dressing, oil & vinegar 	Fats/Oils	<ul style="list-style-type: none"> - Ketchup
Sweet/Desserts	<ul style="list-style-type: none"> - Butter cookie, high-fat - Brownie - Chocolate - Doughnut - Corn chips - Potato chips, regular 	Sweets/Desserts	<ul style="list-style-type: none"> - Cookie, low-fat