

GASTROESOPHAGEAL REFLUX DIET

You can prevent or relieve your symptoms from gastroesophageal reflux disease (GERD) by changing your diet. You may need to avoid certain foods and drinks that make your symptoms worse. Other dietary changes that can help reduce your symptoms include

- decreasing fatty foods
- eating small, frequent meals instead of three large meals

Things to avoid eating

Avoid eating or drinking the following items that may make GER or GERD worse:

- chocolate
- coffee
- peppermint
- greasy or spicy foods
- tomatoes and tomato products
- alcoholic drinks