

## **Reflux Diet**

- 1. The following foods should be avoided:**
  - A. Fried, fatty foods**
  - B. Hot, highly seasoned foods**
  - C. Peppermint, spearmint**
  - D. Chocolate**
  - E. Citrus foods or juices**
  - F. Alcohol**
  - G. Caffeine**
  
- 1. A diet that is high in protein is desirable. This means lean red meats, fish, and poultry. All fat should be removed from any cuts of meat. Small, frequent meals are desirable to three large meals. You should not eat several hours before going to bed.**
  
- 2. Smoking any tobacco products should be eliminated.**
  
- 3. Weight reduction is very important. Regular exercise is beneficial.**
  
- 4. Elevation of the head of the bed may be of benefit. While this is not truly a dietary change, elevation of the head of the bed with six-inch blocks can prevent reflux of acid at night while sleeping. These can generally be obtained at drugstores or medical supply stores.**
  
- 6. Aspirin-containing products should be avoided.**