

DIET FOR GASTRITIS/GERD

Certain foods relax the valve at the lower end of the esophagus, (swallowing tube) allowing acid to seep into the tube. Other foods stimulate excess acid production in the stomach. Still others contain acid to start with. If you are prone to acid reflux or gastritis, here is a list of foods you do not want to eat.

- Limit Alcohol
- Fried or fatty food (such as french fries and other fast-food items)
- Sodas
- Chocolate, caffeine, and any food or beverage containing either (for example, chocolate or coffee ice cream, candy bars, cupcakes)
- Citrus fruits or juices (for example, orange, lemon, lime, or pineapple)
- Coffee and tea (both decaffeinated and those with caffeine)
- Garlic and onions
- Mints in any form, including tea, gum, jelly, candies, and breath fresheners
- Spicy foods (for example, Mexican, Chinese, Japanese)
- Tomatoes or Tomato sauce
- Whole milk and whole-milk dairy products, choose fat free or low fat dairy
- Spices (for example, pepper, garlic powder, chili powder)
- Vinegar or salad dressing

*WHEN IN DOUBT, **DO NOT EAT IT!!**

Also, make these lifestyle changes:

- Reduce your portions at mealtime (less food in your stomach may mean less chance of acid reflux)
- Do not eat or drink anything 2-3 hours before bedtime.
- Lose excess weight if you are overweight, it may lessen your symptoms
- Quit smoking (smoking weakens the valve between the esophagus and the stomach, increasing the chance for reflux)
- Raise the head of your bed with 6-inch blocks; gravity will help minimize reflux of stomach contents in the esophagus (Note: Do not use extra pillows to elevate your head...this can increase pressure on your abdomen)
- Avoid tight clothing and belts