



Ear, Nose and Throat Associates of Northern Colorado

GERD (Gastroesophageal reflux) DIET SHEET

GERD refers to regurgitation of gastric contents into the esophagus. The most common symptoms are heartburn, sore throat, hoarseness, choking, cough, and neck pain or throat/neck tightness.

Things that can help you reduce GERD are:

1. Elevate the head of your bed six to eight inches, using bed blocks, bricks, wood 2X4's or 4X4's, paint cans filled with sand under the legs at the head of your bed
2. Use two (or more) pillows or a wedge pillow can help if you cannot lift the head of your bed
3. Avoid lying down for two or three hours after any meal
4. Avoid vigorous exertion, straining, and prolonged bending until your symptoms are under control. Avoid tight garments i.e. (girdles, belts, etc.)
5. Report any constipation to our office. Staying hydrated can help avoid this
6. Smoking in any form has been known to worsen GERD. Try to eliminate smoking
7. If overweight, try to lose weight. Weight reduction can increase the chances of a successful outcome

Dietary recommendations:

1. Avoid large meals. Eat three small meals (if at weight). Snacks should be small and late night snacks and meals avoided
2. Try to moderate if not eliminate these products listed below. If you drink before and during your meal, it can stimulate your stomach acids and minimize the GERD response
 - a. High fat foods: fried foods, creamy sauces, high fat meats, pastries
 - b. Butter, margarine, creams, oils, salad dressings, coffee, cola, chocolate, carbonated drinks containing caffeine
 - c. Alcoholic beverages, peppermint and spearmint oils (usually in gum and mints)
 - d. Other foods, activities that cause GERD for you

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