

# Dietary and Lifestyle Recommendations for the Treatment of Gastroesophageal Reflux Disease

## Dietary Avoidance:

- Foods that are acidic or otherwise irritating
  - Citrus fruits
  - Tomatoes
  - Onions
  - Carbonated beverages
  - Spicy foods
- Foods that can cause gastric reflux
  - Fatty or fried foods
  - Coffee, tea, and caffeinated beverages
  - Chocolate
  - Mint

## Lifestyle:

- Smoking cessation
- Weight reduction for patients who are overweight (BMI, 25.0-29.9) or obese (BMI, 30.0) or whose onset of symptoms was concurrent with weight gain within the normal range (BMI, 18.5-24.9)
- Reduction in alcohol consumption
- Nighttime symptoms
  - Avoidance of eating within 3 hours before bedtime
  - Elevation of head of bed
- Postprandial symptoms
  - Consumption of smaller and more frequent meals
  - Avoidance of lying down after meals
- Abdominal obesity
  - Avoidance of tight garments