

Click to prove
you're human



Gerd food list

The GERD diet recommends making simple changes to reduce reflux symptoms. This can be achieved by eating smaller, more frequent meals and selecting foods that are gentle on the stomach. Lean proteins like chicken or fish, cooked veggies, and whole grains are great options. Additionally, low-acid fruits, herbal teas, and plenty of water can support digestion and soothe symptoms. To manage GERD effectively, it's crucial to avoid common triggers such as fried, fatty, spicy, and acidic foods. Reducing sugar, caffeine, and processed meats can also make a positive impact. Furthermore, paying attention to meal timing by avoiding late-night eating helps keep reflux under control. When it comes to soothing drinks, herbal teas like peppermint, chamomile, and ginger are great options. You can also try decaffeinated tea, mineral water, or chicken broth. Aloe vera juice without citric acid is another good choice. The esophageal sphincter acts as a one-way door between your stomach and throat. When it relaxes too much, it allows stomach acid to flow back up into your throat, causing acid reflux. Some foods can make this worse by relaxing the muscle and slowing down digestion. High-fat, salty, or spicy foods are common triggers. To manage GERD, you should avoid certain food groups, such as fried, fast, and processed foods; fatty meats; spicy foods; high-fat dairy products; acidic fruits and drinks; caffeinated beverages; sugary snacks; mint-flavored products; and cold cuts. Some people may need to avoid specific foods due to food allergies or individual tolerance. For example, egg yolks are high in fat and can trigger GERD symptoms, so it's best to stick to egg whites. To prevent discomfort, separate the yolks from the whites and enjoy only the whites. A consistent eating schedule with small meals and reduced meal size can help manage GERD symptoms. Stop eating when you're 75% full to reduce pressure on the esophageal sphincter and minimize acid reflux risk. Eat slowly and focus on chewing thoroughly while sipping water lightly throughout your meal. Avoid eating and drinking before bedtime: limit intake of food and drink for 2 hours before bed to minimize nighttime reflux. Stay upright after meals and take a walk instead of lying down to help prevent acid from flowing back into the esophagus. Drink plenty of water throughout the day, especially before and after meals, and avoid caffeine which can relax the esophageal sphincter. GORD (Gastroesophageal Reflux Disease) occurs when stomach acid flows back up into the esophagus, often due to a weakened sphincter at the oesophagus's bottom. It can range from occasional issues to severe, lifelong problems. Symptoms include: Heartburn (a burning sensation just below the breastbone) Acid reflux (stomach acid returning to the mouth) Bad breath Oesophagitis (inflammation of the esophagus) Belching Nausea or vomiting Difficulty swallowing A diagnosis can be made by a GP or doctor, and over-the-counter medications are available. In some cases, surgery may be necessary. Treatment typically takes four to six weeks, after which time symptoms should subside. Some steps that may help alleviate symptoms include: Eating smaller, balanced meals regularly Avoiding large drinks with meals Not eating late at night Avoiding eating on the go Sitting up while eating Avoiding bending or lying down after meals Wearing loose clothing Maintaining a healthy weight Reducing or avoiding stress and smoking Foods that may worsen symptoms include: Tea, coffee, carbonated drinks, and alcohol Citrus fruits and juices Tomatoes and tomato-based foods Spicy foods Garlic and onion-containing foods Rich, fried, or fatty foods We offer services in various formats. For more information, visit our patient guidance page or call 01223 256998. You can also get in touch via our website at www.cuh.nhs.uk/contact-us/accessible-information/.