

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RD/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

# Gastroesophageal Reflux Disease (GERD) Nutrition Therapy

Nutrition therapy makes sure that the food you eat will improve your health and help control your symptoms.

## Recommended Foods



Food Group	Recommended Foods
<b>Milk and Milk Products</b>	Buttermilk Evaporated skim milk Skim or 1% low-fat milk Soy milk Nonfat or low-fat yogurt Powdered milk Nonfat or low-fat cheeses Low-fat ice cream Sherbet
<b>Meat and Other Protein Foods</b>	Tender, well-cooked lean meat, poultry, fish, eggs, or soy prepared without added fat Dried beans and peas Nuts and nut butter (these are high in fat)
<b>Grains</b>	Any prepared without added fat; choose whole grains for at least half of your grain servings.
<b>Vegetables</b>	Any prepared without added fat. Eat a variety of vegetables, especially green and orange ones.
<b>Fruits</b>	Any prepared without added fat. Eat a variety of fruits.
<b>Fats</b>	Limit to less than 8 teaspoons per day; heart-healthy vegetable oils such as olive or canola oil.
<b>Beverages</b>	Caffeine-free soft drinks Caffeine-free herbal teas except those made with peppermint or spearmint
<b>Other</b>	All condiments except pepper

## **Foods Not Recommended**

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It is recommended that a trial of limiting or eliminating the following foods may reduce the symptoms of GERD:

- Peppermint and spearmint
- Chocolate
- Alcohol
- Caffeinated beverages (regular tea, coffee, colas, energy drinks, other caffeinated soft drinks)
- Decaffeinated coffee and decaffeinated regular tea (herbal teas, except those with peppermint or spearmint, are allowed) Pepper
- High-fat foods, including:
  - 2% milk, whole milk, cream, high-fat cheeses, high-fat yogurt, chocolate milk, cocoa
  - Fried meats, bacon, sausage, pepperoni, salami, bologna, frankfurters/hot dogs
  - Other fried foods (doughnuts, french toast, french fries, deep-fried vegetables)
  - Nuts and nut butters
  - Pastries and other high-fat desserts
  - More than 8 teaspoons of oil, butter, shortening per day
- Any fruits or vegetables that cause symptoms. (These will vary from person to person.)

**Notes:**

## Sample 1-Day Menu

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Meal	Menu
<b>Breakfast</b>	2 packets cooked oatmeal with raisins 1 cup soy milk Caffeine-free herbal tea (not made with peppermint or spearmint)
<b>Lunch</b>	Chicken salad made with 2 ounces cooked chicken, lettuce, and low-fat dressing 1 small corn muffin ½ cup sliced bananas with ½ cup blueberries 1 cup skim milk
<b>Snack</b>	6 ounces apple juice 1 ounce low fat cheddar cheese 4 whole wheat crackers
<b>Evening Meal (Eat at least 3 hours before bedtime)</b>	Pasta primavera: 2 ounces (1 cup) pasta with ½ cup broccoli, tomato, and zucchini Plain bread stick Baked apple dumpling made with peeled apple, cinnamon and sugar 1 cup skim milk

### Approximate Nutrition Analysis:

Calories: 1,650; Protein: 80g (19% of calories); Carbohydrate: 265 (63% of calories); Fat: 32g (17% of calories); Cholesterol: 105g; Sodium: 1,518; Fiber: 27g

## Lifestyle Tips

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- Exercise at least three or four times each week.
- Wear loose-fitting clothes.
- Do not smoke.
- Raise the head of your bed 6 to 9 inches. You can put a foam wedge under the top part of the mattress or prop up the legs on the head of the bed with wooden blocks. (Stacking pillows is not effective.)
- Wait 3 hours after eating before lying down.
- Eat several small meals throughout the day.
- Eat in a calm, relaxed place. Sit down while you eat.

### Notes: