

## ANTI-REFLUX DIET

This diet is a regular diet with the following modifications:

1. Include small frequent feedings (five to six feedings per day recommended).
2. Avoid eating within two to three hours of going to bed.
3. Avoid lying down, bending over or standing immediately after eating.
4. Avoid tight fitting clothing, especially after a meal.
5. Avoid high fat meals and decrease fat in the diet.
6. Avoid chocolate, alcohol, and caffeine containing beverages such as coffee, tea, and cola drinks.
7. Eat high protein foods.
8. Avoid foods known to cause heartburn.

### FOODS TO AVOID:

Alcohol  
Carbonated beverages containing caffeine  
Chocolate desserts or candies  
Chocolate drinks  
Cocoa  
Coffee  
Cream sauces  
Decaffeinated coffee  
Fried foods  
Gravies  
High fat foods  
High fat meats  
Pastries  
Pepper  
Peppermint oil  
Spearmint oil  
Tea

### LIMIT:

Butter  
Citrus juices  
Cream  
Oils  
Salad dressings  
Spicy foods  
Tomato juice