

Gastroesophageal Reflux Disease (GERD) Diet

Patient name: _____ Admission: _____

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- I. The client/caregiver can explain GERD.**
- A. It is symptoms and/or tissue damage of the esophagus from repeated exposure to the acid contents of the stomach. Complaints are of persistent heartburn or a burning sensation in the upper chest or abdomen areas.
- II. The client/caregiver can list measures to prevent or manage symptoms of GERD.**
- A. Dietary modifications are the following:
1. Decrease total fat intake.
 2. Avoid large meals.
 3. Decrease total caloric intake if needed to reach healthy weight.
 4. Avoid chocolate.
 5. Avoid coffee (regular or decaffeinated) if produces symptoms.
 6. Avoid other irritants such as alcohol, mint, carbonated beverages, citrus juice, or tomato products.
- B. Other measures to treat GERD are the following:
1. Maintain upright posture during and after eating.
 2. Do not smoke.
 3. Avoid wearing clothing that is tight in the abdominal area.
 4. Avoid eating within 3 hours before bedtime.

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5. If overweight, lose weight.
6. Sleep on left side.
7. Chew a non-mint gum, which will increase saliva and decrease acid in esophagus.
8. Elevate the head of your bed 4 to 6 inches by placing bricks or blocks of wood under the headboard.

RESOURCE

The American College of Gastroenterology
www.acg.gi.org/

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