

REFLUX DIET FOR HEARTBURN

The lower esophageal muscle can be weakened by factors other than food. The following recommendations may be helpful in reducing symptoms:

1. Stop smoking
⇒ Nicotine weakens the lower esophageal muscle.
2. Avoid chewing gum, and sugar-free gum with sorbitol.
⇒ It increases the amount of swallowed air which, in turn, leads to belching and reflux.
3. Do not lie down immediately after eating
4. Avoid late evening snacks.
5. Avoid tight clothing.
6. Do not bend over after eating.
7. Eat small, frequent portions of food and snack if needed.
8. Lose weight if overweight.
⇒ Obesity leads to increased reflux.
9. Elevate head of the bed six inches to prevent reflux when sleeping.
⇒ Extra pillows, by themselves, are not very helpful.
⇒ Need to place wood under bedframe to elevate.

The following foods aggravate acid reflux, and should be avoided:

- Fatty or fried foods
- Peppermint and spearmint
- Whole milk
- Oils
- Chocolate and chocolate ice cream
- Creamed foods or soups
- Most fast foods



The following foods irritate an inflamed lower esophagus and may need to be limited or avoided:

Citrus fruits and juices (grapefruit, orange, pineapple, tomato); tomato sauce.

Coffee (regular and decaffeinated), lattes are o.k.

Caffeinated soft drinks

Tea

Other caffeinated beverages

Spicy or acidic foods may not be tolerated by some individuals.

** Created by Joanne Keaveney, MS, RD, LDN - Joanne is an independent consultant, radio host, Boston, MA. She is also a certified culinary chef, registered and licensed dietitian and part time radio host for 101.3 FM hosting a Wellness Show. She has been a dietitian for over 20 years, and specializes in Gastroenterology Nutrition and Immune Boosting Nutrition. Her past work history includes serving as an Adjunct Professor at Emerson College while working as the Chief Clinical Nutrition Supervisor at Harvard Vanguard Medical Associates for ten years. From 2009-2012, she ran 22 nursing home Nutrition Departments, and from 2006-2008, lived in Caribbean for 2 years as the sole sports nutritionist for the Entire West Indies Cricket team —not knowing beforehand that cricket was a sport, not a bug. This involved traveling on plane every 3 days to 20 different Caribbean countries, and to her astonishment, that she was on 110 planes in her first 6 months. She worked for ABC –news, Channel 5-Boston as their on-air TV nutrition correspondent for 11 years. She also serves on the AGMD Advisory Board and has served as a speaker for numerous AGMD Symposia, Conferences, and other programs. In addition, she has created several educational materials for AGMD . Joanne’s most important work is not just Nutrition, but daily mindful practices, such as: reading on ‘self, self-reflection time and, meditation. Her Hour of Power. And if hearing this, Joanne says, ‘if you think right now, you don’t have time to ‘meditate’, that means, according to Dr. Deepak Chopra, that you actually need to meditate ‘twice a day’. Our hearts, not our thoughts, control who we are. And that is .. pure Love.*

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