

*The Family Health Centers Nutrition Program*  
**GUIDELINES FOR ESOPHAGEAL REFLUX  
AND HIATAL HERNIA**

There are several changes you can make in your lifestyle to reduce reflux and heartburn.

Maintain a reasonable weight - excess weight can intensify reflux.

Eat 4 - 5 small meals and snacks a day rather than large meals.

Wear loose - fitting clothing during and after meals

Do not lie down, bend over or strain yourself after meals.

Avoid eating for 2 - 3 hours before bedtime.

Certain foods and beverages may promote reflux and heartburn. These foods vary from person to person, but usually include:

Foods high in fat - fried greasy foods, fatty meats, cream sauces, pastries, etc.

Acidic foods such as oranges, grapefruits, lemons, tomatoes

Carbonated beverages

Coffee and tea - with or without caffeine. Non-mint herbal teas are okay.

Alcohol

Chocolate foods and beverages

Pepper

Peppermint, spearmint and wintergreen

Avoid smoking

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If you would like personal instruction on how to incorporate nutritional guidelines into your life and improve your health, schedule an appointment with:

Karen Youket, Dietitian / Nutritionist  
by calling The Family Health Centers at  
828-258-8681