

## **Reducing GERD**

### **Reduce or Avoid the Following**

- Alcoholic beverages
- Avocado
- Butter
- Caffeinated tea
- Caffeine
- Carbonated drinks
- Chili
- Chocolate
- Cinnamon
- Citrus
- Coffee
- Dill
- Eating too fast
- Garlic
- Greasy foods
- Ketchup
- Low pH foods in general
- Mint
- Mustard
- Nuts
- Onions
- Orange juice
- Pepper
- Peppermint
- Pizza
- Spearmint
- Spicy foods
- Tomato
- Too much of any food
- Vinegar

## **Reducing GERD**

### **Foods and Actions to Do**

- Any veggie
- Beans
- Cauliflower
- Celery
- Chewing gum
- Chicken
- Elevate your head 8" when sleeping
- Fish
- Greens
- Herbal non-caffeinated tea
- Milk
- Oatmeal
- Pasta
- Potato
- Raisins
- Rice
- Sweet potato
- Turkey
- Water