

# Acid Reflux Diet

Many people take over-the-counter antacids for a quick ease of acid reflux, but for most people, a proper diet is the best solution for overcoming acid reflux.

- Don't overeat! Eating too much of any foods will stimulate the stomach to secrete more acids for digestion.
- First of all, try to eat small, frequent meals instead of three big meals a day. Small amounts of food each time would exert less workload on the stomach and therefore requires less acid secretion for digestion. Make sure to include foods that are high in complex carbohydrates in each meal. These foods, such as rice, breads and pasta, are able to tie up excess stomach acid and are often easy on the stomach.
- Avoid high-fat meals such as those from the fast food chains such as fried foods, high fat meats and high fat dairy products. High fat foods will remain in the stomach longer, thus causing the need for more stomach acid in order to digest them.
- Avoid sodas and alcohol: A lot of beverages stimulate acid secretion such as beer and wine. The worst of all is beer. It could double your stomach acid within an hour.
- Maintain upright position during and at least 45 minutes after eating
- Try elevating the head of bed six to eight inches when lying down.

## Foods to Avoid in the Acid Reflux Diet

- The foods that cause acid reflux may vary from person to person. Certain foods can aggravate your heartburn symptoms. Thus, finding the ideal acid reflux disease diet is a difficult but necessary thing to do. To help in planning for an acid reflux diet food list for you, follow the following list:

Food Group	Foods To Avoid
Fruit	<ul style="list-style-type: none"> <li>Orange juice</li> <li>Lemon</li> <li>Lemonade</li> <li>Grapefruit juice</li> <li>Cranberry juice</li> <li>Tomato</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>Mashed potatoes</li> <li>French fries               <ul style="list-style-type: none"> <li>Garlic</li> <li>Raw onions</li> </ul> </li> <li>Fried vegetables</li> <li>Chilli peppers/pepper               <ul style="list-style-type: none"> <li>Peppermint</li> </ul> </li> </ul>
Meat	<ul style="list-style-type: none"> <li>Ground beef</li> <li>Chicken nuggets</li> <li>Buffalo wings               <ul style="list-style-type: none"> <li>Fish fingers</li> </ul> </li> </ul>
Dairy	<ul style="list-style-type: none"> <li>Sour cream</li> <li>Milk shake               <ul style="list-style-type: none"> <li>Milk</li> <li>Ice cream</li> </ul> </li> <li>Cottage cheese, regular</li> </ul>
Grains	<ul style="list-style-type: none"> <li>Mixed dishes with sauce</li> <li>Pasta with sauce               <ul style="list-style-type: none"> <li>Fried burgers</li> </ul> </li> </ul>
Beverages	<ul style="list-style-type: none"> <li>Liquor</li> <li>Wine</li> <li>Coffee, decaffeinated or regular</li> <li>Tea, decaffeinated or regular</li> </ul>
Fats / Oils	<ul style="list-style-type: none"> <li>Salad dressings, mayonnaise</li> <li>Salad dressing, creamy &amp; vinegar, balsamic, lemon juice</li> </ul>
Sweets / Desserts	<ul style="list-style-type: none"> <li>Butter cookie, high-fat</li> <li>Brownies/Fondant               <ul style="list-style-type: none"> <li>Chocolate</li> <li>Doughnut</li> <li>Chips</li> </ul> </li> </ul>

