

## REFLUX PRECAUTIONS

### What Kind of Diet Changes Can Help Acid Reflux?

One thing you can do to reduce your risk for heartburn and acid reflux disease is to eat low-fat, high protein meals. Also, eat smaller meals more frequently; stop eating before you get to full.

Pay attention to foods that seem to trigger your heartburn and avoid them as much as possible.

**Beverages** that commonly trigger heartburn or make it worse:

- Coffee or tea (both regular or decaffeinated)
- Other beverages that contain caffeine
- Carbonated drinks
- Alcohol

**Foods** that commonly trigger heartburn or make it worse, include:

- Citrus fruits, such as orange and lemons
- Tomatoes and product that contain tomatoes, such as tomato sauce and salsa
- Chocolate
- Mint or peppermint
- Fatty or spicy foods, such as chili or curry
- Onions and garlic

### What other Lifestyle Changes Can Treat Acid Reflux?

In addition to acid reflux diet changes, see which of the following lifestyle changes you can make.

- Quit smoking. Smoking increases your risk for heartburn and acid reflux disease in several ways. It may increase the amount of acid secreted by your stomach and interfere with the function of muscle that help acid down.
- Reduce reflux while sleeping. These steps will help reduce reflux when you sleep:
  - Put blocks under the head of your bed to raise it at least 4 to 6 inches. This helps your stomach contents down. However, it doesn't work to simply use lots of extra pillows because this position may increase pressure on your abdomen.
  - Stop eating at least two or three hours before lying down.
  - Try sleeping in a chair for daytime naps.
- Lessen the pressure. Often, extra pressure around your abdomen increases acid reflux. Try these steps:
  - Don't wear tight clothes or tight belts.
  - If you're overweight or obese, take steps to lose weight with exercise and diet changes.