Diet for GERD in Children

Nutrition therapy can help ease the discomfort of gastroesophageal reflux disease (GERD).

GUIDELINES:

- Your child should eat his or her meals slowly, in a relaxed atmosphere.
- If a food causes distress, eliminate it for a period of time.

FOODS TO AVOID:

- Cola beverages, regular or low calorie.
- Strong spices, such as black pepper, white pepper, red pepper, cayenne, curry powder, chili powder.
- Peppermint.
- Chocolate.
- Tomatoes.
- Excessively fatty foods.
- Tomato juice.
- Citrus juice (orange, grapefruit).
- Any food that seems to aggravate the child's condition.

If you have questions regarding your child's diet, contact your caregiver's office or a registered dietician.

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