Diet for GERD or PUD

Nutrition therapy can help ease the discomfort of gastroesophageal reflux disease (GERD) and peptic ulcer disease (PUD).

HOME CARE INSTRUCTIONS

- Eat your meals slowly, in a relaxed setting.
- Eat 5 to 6 small meals per day.
- If a food causes distress, stop eating it for a period of time.

FOODS TO AVOID:

- Coffee, regular or decaffeinated.
- Cola beverages, regular or low calorie.
- Tea, regular or decaffeinated.
- Pepper.
- Cocoa.
- High fat foods including meats.
- Butter, margarine, hydrogenated oil (trans fats).
- Peppermint or spearmint (if you have GERD).
- Fruits and vegetables as tolerated.
- Alcoholic beverages.
- Nicotine (smoking or chewing). This is one of the most potent stimulants to acid production in the gastrointestinal tract.
- Any food that seems to aggravate your condition.

If you have questions regarding your diet, call your caregiver's office or a registered dietitian.

OTHER TIPS IF YOU HAVE GERD:

- Lying flat may make symptoms worse. Keep the head of your bed raised 6 to 9 inches by using a foam wedge or blocks under the legs of the bed.
- **Do not** lay down until 3 hours after eating a meal.
- Daily physical activity may help reduce symptoms.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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