

# Reflux Diet :

## Beneficial Dietary and Lifestyle Changes

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The following guidelines are advised to assist with managing your reflux while also allowing the affected tissues in the throat to heal/recover from the effects of reflux.

- Exercise
- Watch your weight: it is important to maintain a healthy weight. This will help all areas of your health and well-being
- Avoid fatty and fried foods
- Avoid spicy foods, sauces and condiments
- Avoid vinegar (dressings, pickles, etc)
- Avoid acidic foods and beverages: anything made with citrus fruits, tomatoes, etc. *Anything with a red sauce (spaghetti, enchiladas, pizza, etc)*
- Avoid alcohol
- Avoid all sodas and carbonated beverages
- Avoid caffeine
- Avoid chocolate
- Do not eat past 7 pm
- Do not lie down within 3 hours after eating
- Elevate the head of your bed 6-8 inches
- Always take your medication as prescribed by your physician