

# ANTI-REFLUX

## GASTRITIS | INDIGESTION | ESOPHAGEAL REFLUX

Gastroesophageal reflux disease (GERD) happens when acid in the stomach very often flows back into the esophagus (long tube connecting the mouth and stomach) causing burning sensation, nausea, and sometime vomiting. Those with a diagnosis of GERD experience acid reflux from time to time or at least twice a week.

### SYMPTOMS OF ACID REFLUX

- Burning sensation in the chest (heartburn), usually after eating, which might be worse at night
- Chest pain
- Difficulty swallowing
- Regurgitation of food or sour liquid
- Sensation of a lump in the throat

### FOODS TO EAT

There are some foods that may help reduce how frequent gastritis occurs. These include:

- High-fiber foods such as apples, oatmeal, broccoli, carrots, and beans
- Low-fat foods such as fish, chicken, and turkey breast
- Foods with low acidity, or are more alkaline, like vegetables
- Drinks that are not carbonated
- Drinks without caffeine
- Probiotics such as kombucha, yogurt, kimchi, and sauerkraut

### FOODS TO AVOID

Foods that are high in fat may worsen inflammation in the lining of the stomach. Some other foods to avoid because they can irritate the stomach are:

- Alcohol
- Coffee
- Acidic foods like tomatoes and some fruits
- Fruit juice
- Fatty foods
- Fried foods
- Carbonated drinks
- Spicy foods

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- Allergenic or symptomatic foods

Keep in mind that everyone is different and what is tolerated by one person may not be by another. Work with our dietitian and gastroenterologist to evaluate your diet and ensure adequate and appropriate nutrition.