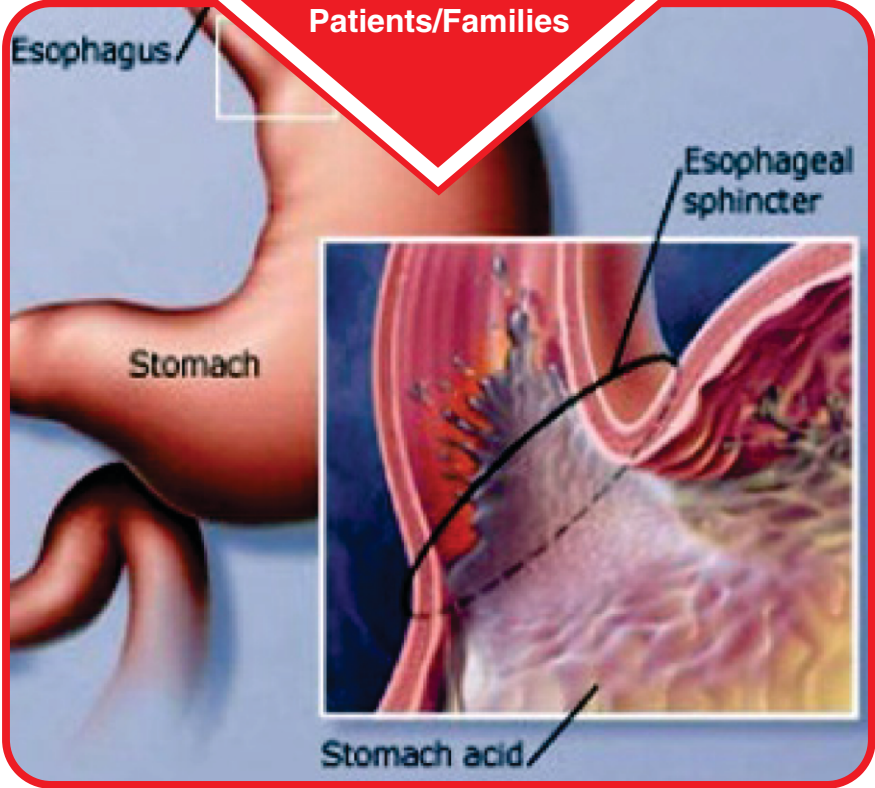


# Dietary Management of GERD (Gastroesophageal Reflux Disease)

A Guide for  
Patients/Families



This brochure provides information about Gastroesophageal Reflux Disease (GERD). It has been designed in response to questions most frequently asked by patients and their families.



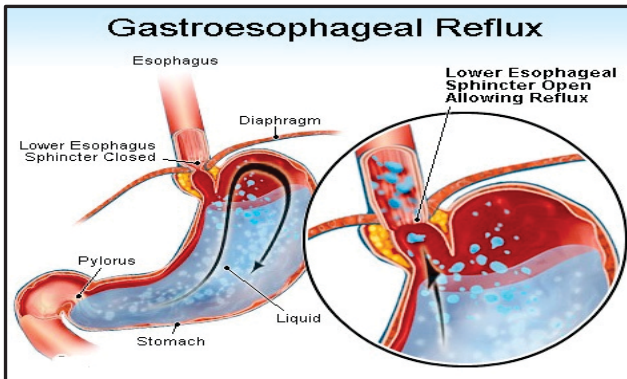
آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi



## What is Gastroesophageal Reflux Disease (GERD)?

The condition known as **Gastroesophageal Reflux Disease (GERD)** develops when the reflux of stomach contents causes troublesome symptoms and complications. This is due to weakened muscles around the junction where stomach and esophagus(food pipe) meet. In GERD this area is damaged due to frequent exposure to acid which is normally present in our stomach.



## What factors increase the risk of having GERD?

- Irregular eating habits
- Hurried meals
- Frequent consumption of high fat foods
- Eating late at night
- Excessive consumption of tea, coffee, alcohol and tobacco
- Frequent dining out
- Heavy meals after long period without food
- Stressful lifestyle
- Pregnancy
- Obesity

## What signs would I have if I have this disorder?

Symptoms like sharp burning pain just below the breast bone or between shoulder blades occur after meals or at night and are relieved by bending or lying flat.

## What foods and nonfood items are generally known to aggravate GERD symptoms?

- Oily, greasy foods
- Sour foods like lemon, vinegar, citrus foods and spices
- Alcohol
- Chocolates
- Smoking
- Medications used for sedation
- Food seasonings and flavoring
- Peppermint
- Caffeine, coffee, herbal teas
- Onion
- Garlic
- Soft drinks and energy drinks high in caffeine
- Citrus fruits

## What is included in high fat foods?

Those having GERD should avoid high fat food because it may aggravate the symptoms. Avoiding the following food can help in this regard.

- Whole milk, cream, high-fat cheeses, high-fat yogurt, chocolate milk, fried meats
- French fries, deep-fried vegetables / foods)
- Nuts, pastries and other high-fat desserts

## How should I change my eating habits and lifestyle?

### Eating habits

- Try to reduce weight
- Eat smaller meals at regular intervals
- Avoid eating late at night and stop eating at least 4 hours before sleeping
- Try to separate solids from liquids. Avoid taking large amounts of water before and after meals
- Eat in a calm, relaxed place. Sit down while you eat
- Avoid excessive consumption of tea, coffee, spices or foods that cause the symptoms in you

### Lifestyle changes

- Exercise at least three or four times a week
- Sleep in semi upright position with head of bed raised few inches
- Avoid bending or lifting after meals
- Take drugs prescribed by your doctor to relieve symptoms
- Avoid wearing tight clothes

### Important Note

Food provided during hospitalization to patients is disease specific and during the stay food from outside the hospital is not permitted. Written and verbal instructions related to dietary restrictions are explained by clinical nutrition staff, where applicable.

For further information

#### Outpatient Nutrition Care Clinics

##### **Nazerali Walji Building (NW2)**

Tel: +21 34865789/34865790  
Monday to Thursday  
9:00 am-12:00 pm

##### **Consulting Clinics (CC4)**

Tel: +21 34861034  
Friday  
2:00-4:00 pm

##### **Sports & Rehabilitation Centre**

Tel: +21 3486 1662  
Tuesday  
9:00-11:00 am Thursday

##### **Gastro Clinic (Jenabai Hussainali Shariff Building 2nd Floor)**

Tel: +021 34861055/6308  
2:00-5:00pm