GERD Diet & Lifestyle Guide

For acid reflux and gastroesophageal reflux disease (GERD)

Habits That Reduce Reflux

- Eat small meals. Large meals stretch the stomach and push acid upward.
- Don't lie down after eating. Wait 2–3 hours after a meal before lying down or going to bed.
- Raise the head of your bed (blocks under the bedposts or a wedge pillow) if you have nighttime symptoms.
- Lose weight if your doctor advises it. Extra weight around the middle increases reflux.
- Stop smoking. Smoking weakens the valve between the stomach and esophagus.
- Wear loose clothing around your waist.
- Keep a symptom log. Write down your symptoms, what you ate and drank, and the medicines you took. It shows you — and Dr. Tarugu — exactly what triggers your reflux.

Foods and Drinks to Avoid or Limit

These commonly trigger or worsen reflux:

- Spicy foods, peppers, and onions
- Tomatoes and tomato products (sauce, salsa, ketchup)
- Citrus fruits and juices (oranges, grapefruit, lemon)
- Chocolate and peppermint
- Fried and fatty foods
- Coffee and tea (regular and decaf)
- Carbonated drinks (soda) and alcohol

When to Call Us

Call Gastro in Florida at (863) 824-3447 if you have trouble swallowing, food sticking, vomiting blood or material that looks like coffee grounds, black stools, chest pain, or unintended weight loss — these need prompt evaluation.