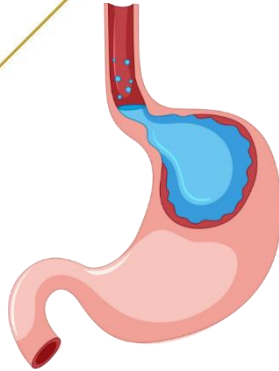




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Gastroesophageal Reflux Disease (GERD)



Gastroesophageal Reflux Disease

Gastroesophageal reflux disease (GERD) is a chronic digestive disorder. GERD occurs when stomach acid or stomach content, flow back to mouth through esophagus.

Following a healthy lifestyle can prevent

GERD

Avoid smoking

Sit-down while eating and try to be relaxed

Avoid lying down after meal for 3 hours

Exercise at least 3 or 4 times weekly

Frequent small meals through the day

Elevate your bed 6 to 9 inches

Recommended food

Low/Skim/Fat-Free Milk and Milk Products

Evaporated Milk

Milk

Cheese

Ice Cream

Yogurt

Soy Milk

Meat and other protein food

Chicken & Egg

Fish

Well done meat

Dried beans and peas

Nuts and nut butter





Recommended food

Grains prepared without added fat

Choose whole grain for half of your servings

Fruit and vegetables prepared without fat

Eat a variety of colored vegetables
especially greens and orange ones

Fat

Limit your intake to less than 8 teaspoons per day.
Choose heart-healthy oils such as olive oil and canola oil.

spices

Except pepper

drinks

Caffeine-free

herps

Except mint



Food to Avoid

Avoiding or limiting these food might reduce the symptoms of GERD especially full-fat food.

High/Full fat milk products

Full fat milk

cocoa milk

buttermilk

Full fat yogurt

cheeses

Fried food

Fried vegetables

French fries

Donuts

fried/processed meat

sausage

pepperoni

Fried meats



Food to Avoid

Avoiding or limiting these food might reduce the symptoms of GERD.

Chocolate

Pepper

Mint

Nuts and butternut

Consuming more than 8 teaspoons of fat such as oil, butter, shortening /day.

Caffeinated beverages or decaffeinated beverage as coffee, tea and caffeinated soft drinks.

Some fruits or vegetables that increase GERD symptoms.
(These will vary from person to person).



Sources and References:

Academy of Nutrition and Dietetics
nutrition care manual 2021 – 2022

All used pictures are from Canva.

Review and Audit:

The content of this booklet was written & reviewed by clinical nutrition
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Clinical nutrition Department

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