

Eating for GERD (Gastroesophageal Reflux Disease)

GERD (Gastroesophageal Reflux Disease) is defined by the backflow of stomach acid into the esophagus, causing damage to the lining of the esophagus. Symptoms usually include heartburn and acid reflux.

Tips to Reduce GERD:

Eat smaller meals (about 4-6 times) per day, while sitting up.

Moderate exercise at least 3 times a week.

Wear loose-fitting clothes.

Do not smoke.

Wait 3 hours after eating before lying down.

Raise the head of your bed 6-9 inches with a foam wedge (using pillows is not very effective).

Avoid trigger foods. Do a trial of eliminating suspect foods.*

Common Trigger Foods

Peppermint & spearmint

Caffeine (tea, coffee, soda, energy drinks)

Decaffeinated coffee

Regular tea

Alcohol

Black pepper, spicy peppers

High fat foods (chocolate/whole milk, cream, cheese, yogurt, fried foods, pastries)

Bacon, sausage, salami, bologna, hot dogs

Acidic foods (citrus fruits, tomato juice)

Some fruits and vegetables (depends on the person)*

Sample Recipes: Breakfast

Oat Pancakes

Servings: 8 pancakes | Prep Time: 20 minutes

Ingredients

¾ cup quick oats

1 ¾ cup buttermilk, low-fat

1 egg, large

2 tsp vanilla extract

¾ cup whole wheat flour

1 tsp baking powder

¾ tsp baking soda

½ tsp cinnamon, ground

1 Tbsp brown sugar

Preparation

Combine the wet ingredients in a small bowl. Combine the dry ingredients into a medium bowl. Add the wet ingredients into the dry and mix to just combine – do NOT overmix! Coat a medium sauté pan with cooking spray. Once up to temperature, pour approximately ¼ cup of batter for each pancake and cook over medium heat. Flip pancakes when bubbles rise to the surface. Cook until golden brown on each side. Serve warm.

*All patients with GERD differ in their tolerance to this ingredient. Omit this ingredient or replace it with something else if it activates your acid reflux.

Sample Recipes: Lunch

Blueberry & Cucumber Salad

Servings: 6 servings | Prep Time: 15 minutes

Ingredients

2 Tbsp pecans
2 cucumbers, thinly sliced
¼ onion, sliced thin julienne*
1 pint blueberries
½ tsp salt, kosher
¼ tsp black pepper, ground*
2 tsp sugar
¼ cup cane vinegar
2 tsp pecan oil (or other nut oil)
2 Tbsp mint, chiffonade (thin ribbons)
1 Tbsp basil, chiffonade
¼ cup feta, crumbled

Preparation

Preheat oven to 350°F (180°C). In the oven, dry toast the pecans until lightly browned, about 5 minutes. Combine the cucumber, onion, and blueberries in a medium sized bowl. To the bowl, add the salt, pepper, sugar, vinegar, pecan oil, mint, basil, feta cheese, and toasted pecans. Combine and serve chilled.

Sample Recipes: Dinner

Black Bean Burgers

Servings: 6 burgers | Prep Time: 40 minutes

Ingredients

1 (15 oz) can black beans, reduced sodium, drained and rinsed
½ red bell pepper, small diced
½ cup reduced-fat cheddar cheese, shredded
½ tsp garlic powder*
1 Tbsp cumin, ground
1 tsp oregano
1 tsp onion powder*
¼ tsp salt
Black pepper, ground, to taste
1 egg, large
¾ cup whole wheat breadcrumbs
2 cups greens
6 whole wheat hamburger buns
Cooking spray

Preparation

Preheat oven to 375°F (190°C). Mash beans in a large bowl with a fork or potato masher. Mix in red pepper, cheese, seasonings, egg, and breadcrumbs. Mix well. Shape into 6 4-oz. patties. Line a baking sheet with foil and spray lightly with cooking spray. Place burger patties in a single layer. Cook in oven until burgers firm up and reach internal temperature of 165°F (74°C, about 12 minutes). Serve on a toasted whole wheat bun with lettuce and any other favorite condiment (avoid tomato).

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