



Bland Diet GERD (Gastro esophageal Reflux)

The diet for GERD or Hiatal Hernia should be well-balanced while eliminating foods that cause you repeated distress or heartburn. Foods that are more irritating to the stomach are often avoided for GERD.

The following recommendations may help provide some relief:

1. Avoid cigarette smoking, aspirin, and other non-steroidal anti-inflammatory agents.
2. Do not eat within three hours of bedtime.
3. Raise the head of the bed by 6-9 inches.
4. Omit any particular foods that cause discomfort.
5. Reduce weight if overweight or obese.
6. Consume small, frequent meals rather than 3 large meals per day.
7. Eat a well balanced diet that includes a variety of foods.
8. Previously the following foods were thought to increase symptoms. Recent research shows most people can include them in their diet and should only avoid them if they seem to worsen their symptoms. These include: chocolate, coffee & other highly caffeinated beverages, peppermint, spearmint, high fat or spicy foods, and tomato products, onions, black & red pepper, citrus fruits & alcohol.

Food Classification	Suggested Daily Servings	Recommended choices	Limit or Avoid only if they appear to worsen your symptoms.
Milk And milk products	2-3	Milk (fresh, dried or evaporated), cream, yogurt, cheese and cottage cheese.	Limit high fat dairy
Meats and protein alternatives	2 servings (2-3 oz portions)	Fresh or frozen meat, poultry and fish, canned meats (tuna and salmon), eggs, nuts, seeds, dry beans or peas. Most meat & poultry choices should be lean or very lean.	Limit high fat, fried meats, or large amounts of gravies.
Vegetables	1-4 cups (4-6 servings)	Fresh, canned or frozen vegetables served in any form. 100% vegetable juices.	Limit fried, au gratin or cream sauces on veg. Tomato products.
Fruits	1-2 ½ cups (2-5 servings)	Fresh, frozen or canned fruits and 100% juices of all kinds.	Limit Avocados Citrus fruits if you note personal intolerance.
Grains and grain products	3-10	Use whole-grain or enriched breads, pasta, oatmeal, breakfast cereals, tortillas, grits, white, brown or wild rice, popcorn, cornbread, crackers, pretzels, buns, rolls, English muffins. It is recommended to use at least 3 servings of whole-grain cereals daily.	Go easy on high fat breads, muffins, biscuits, etc.
Nuts, seeds, and beans	4-5 a week	All varieties of nuts, seeds and beans.	
Fats and Oils	Use sparingly not generously 2-3 times a day	Margarine, butter, mayonnaise, butter, salad dressing, gravies, cream sauces, sour cream, bacon. Make most of your fats sources from fish, nuts & vegetable oils (Olive & canola esp.)	Limit portions.
Sweets	1 or <1 per day	All sweets and desserts in limited portions and amounts.	Limit high fat choices.
Fluids	6-8 cups	Water and other fluids, such as fruit juice, vegetable juice, lemonade, or soups.	
Seasonings/ Condiments/ Sauces	As desired	Encourage limited quantities of all that are high in salt for normal healthy diet.	Limit black pepper, garlic, cloves, and chili powder