

**GI CONSULTANTS  
MONTEREY BAY ENDOSCOPY CENTER**

**ANTI-REFLUX DIET**

**Description**

The anti-reflux diet is similar to the bland diet in that caffeine, alcohol, and strongly spiced foods are avoided. Because fat causes an imbalance in sphincter pressure, fried and high fat foods are eliminated. Also eliminated are foods which are directly irritating to the esophagus, such as citrus juice, tomato juice and caffeine drinks. This diet should be high in protein as this stimulates the secretion of gastrin resulting in elevated sphincter pressure. Gaseous forming vegetables such as dried beans, cauliflower, broccoli and cabbage are eliminated if not tolerated.

**General Guidelines**

- Small, frequent feedings should be taken. Meals should be dry with fluids taken one hour before or after the meal.
- An upright position should be maintained for one hour after eating.
- The last meal of the day should be taken two to four hours before bedtime.
- Don't wear tight clothing around your abdomen.
- Avoid straining, weight lifting, prolonged bending, constipation.
- Elevate the head of your bed 6 inches (use a bed wedge from any surgical supply store).
- Weight loss is encouraged in overweight patients to minimize increased pressure within the stomach.
- Smoking adversely affects the sphincter pressure and encourages reflux.

**Indications for Use**

The anti-reflux diet is indicated for patients who have symptoms of esophageal reflux (also referred to as heartburn). This is the regurgitation or backing up of gastric juices from the stomach into the esophagus. The opening between the esophagus and the stomach is the lower esophageal sphincter. The goal of the anti-reflux diet is to maintain a balance in pressure between the sphincter and the stomach.

**Nutritional Adequacy**

The anti-reflux diet is adequate in all nutrients listed in the RDA when planned to include the recommended servings from the four food groups. Due to individual tolerance, diet may be inadequate in Vitamin C.

## Dietary Guide

<b>Anti-reflux Diet</b>	<b>Foods Allowed</b>	<b>Foods Restricted</b>
Beverages	Milk and milk drinks, decaffeinated and carbonated beverages, herbal tea, decaf coffee, cereal beverages	Caffeinated, carbonated beverages, tea, coffee, peppermint, spearmint, alcohol
Breads	Whole grain and refined breads, crackers, melba toast, biscuits, rolls, French toast, pancakes, bagels, English muffins, muffins	NONE
Cereals	Whole grain, enriched and refined cereals, cooked or ready-to-eat	NONE
Desserts	Fruit, pastries, pies, cakes, cookies, custards, gelatin desserts, pudding, ice cream, sherbet, water ice	NONE
Eggs	Baked, poached, soft or hard cooked, scrambled, egg substitutes	Fried or creamed
Fats	Margarine, butter, cream, non-dairy creamer, vegetable oils and shortening, bacon if tolerated, salad dressings, gravy	Excess amounts of fat
Fruit, fruit juices	Fruit juices, fresh or canned fruit	Citrus and tomato
Meat, fish, poultry	Beef, lamb, veal, pork, chicken, turkey, seafood	Fried meat, fish, poultry, spicy foods
Meat substitutes	Eggs, egg substitutes, cottage cheese, cheese, peanut butter, legumes, nuts, seeds, tofu, yogurt	NONE

Milk and dairy products	Nonfat, low fat, whole milk, chocolate, milk, buttermilk, cheese, cottage cheese, ice cream, sherbet, yogurt	NONE
Potatoes, rice and pasta	Potatoes, sweet potatoes, noodles, rice, brown rice, spaghetti, pasta, potato chips	NONE
Soups	Broth-based and creamed soups	NONE
Sweets	Sugar, syrup, honey, jelly, jam, marmalade, candy	NONE
Vegetables, vegetable juice	Vegetables, raw or cooked, vegetable juice	Dried beans, cauliflower, broccoli, cabbage if not tolerated
Miscellaneous	Salt, mild spices, herbs, gravy, sauces, condiments	Pepper, strong spices, herbs, vinegar

### Meal Plan

Breakfast	Lunch	Dinner
Fruit Whole grain cooked cereal Egg Whole wheat toast Margarine, marmalade Milk (before or after meals) Decaf coffee (before or after meals) Sugar, salt	Sandwich on whole grain bread Salad with dressing Dessert Milk (before or after meals) Sugar, salt	Meat Starch Vegetable Fruit Milk (before or after meals) Sugar, salt

### Between Meal Nourishments

10:00 AM	3:00 PM	8:00 PM
Cottage cheese, fruit	Cheese, crackers	Sandwich, fruit