

ANTI-REFLUX DIET

(Taken from the Diet/ Nutrition Care Manual for Cedars- Sinai Medical Center)

INDICATIONS:

This diet is indicated to aid in the relief of symptoms of gastro esophageal reflux (GER), defined as the reflux of gastric acid material into the acid-sensitive esophageal mucosa. A characteristic symptom is heartburn, which usually occurs following meals. Persons with impaired functioning of the lower esophageal sphincter (LES) are prone to reflux. GER may also occur secondary to pregnancy, asthma, scleroderma, hiatal hernia or use of certain medications such as coronary vasodilators, anticholinergic agents and oral contraceptives.

DESCRIPTION:

Increased intragastric pressure and/or decreased pressure of the LES have been shown to promote reflux. Dietary management includes the following:

1. Measures to decrease intragastric pressure
 - a. Avoidance of large meals.
 - b. Serving small frequent meals.
2. Measures to enhance pressure of the LES
 - a. Elimination of alcohol, chocolate, spearmint, and peppermint.
 - b. Avoidance of excessively fatty foods.
 - c. Weight loss if overweight.
 - d. Two-hour fast before lying down, sleeping.
3. Measures to decrease a direct irritating effect on the esophagus
 - a. Elimination of citrus fruits and juices and all tomato products.
 - b. Avoidance of coffee and decaffeinated coffee per individual tolerance.

The literature is controversial regarding this aspect of treatment.

PERScription:

This diet should be ordered as the Anti-Reflux Diet or the Diet for Gastro esophageal Reflux.

MODIFICATIONS:

This diet can be modified to meet the requirements of all the diets in this manual.

NUTRITIONAL ADEQUACY:

This diet is nutritionally adequate and meets the Recommended Daily Allowances as established by the National Research Council. This diet should be carefully planned to include a good source of ascorbic acid daily as citrus fruits are restricted (supplementation may be necessary).

ADDITIONAL COMMENTS:

Achievement and maintenance of desirable weight has been documented to decrease intragastric pressure. Thus, the long-term management of GER should include this goal.

In addition to dietary changes and weight management, other changes in lifestyle that can assist in decreasing GER are:

1. Abstinence from smoking.
2. Remaining upright after meals.
3. Avoiding frequent bending and tight fitting garments.
4. Review all medications with a physician. Some may relax sphincter muscle and increase reflux potential.
5. Move head of bed up 6 inches.
6. Use of antacids or other medication with physician approval.

FOOD LIST

FOOD	ALLOWED	NOT ALLOWED
CEREALS	All	None
SOUPS	All	None
MEATS AND MEAT SUBSTITUTES	Beef, fish, chicken, pork, lamb, eggs, cheese, cottage cheese.	Excessively fatty or fried meats, meals prepared with tomato sauce, pizza.
POTATO AND SUBSTITUTES	Potatoes (all types), sweet potato, spaghetti, rice, noodles, macaroni, bulgar, and other grains.	Fried type potatoes; pasta prepared with tomato sauce.
VEGETABLES AND VEGETABLE JUICES	All fresh, frozen, and canned vegetables except those restricted.	Tomato juice, fresh and canned tomato, tomato paste, sauce, puree, and

		other tomato products.
FRUITS AND FRUIT JUICES	Apple, banana, grapes, prunes, pineapple, peaches, pears, melons, and other non-citrus fruits.	Grapefruit, grapefruit juice, oranges, orange juice, kumquat, tangerine, lemon, lime.
BREADS	All	None
DESSERT	Angel food cake; ice cream and ice milk except chocolate; non-citrus sherbets, ices, and sorbets; cakes, cookies, pies, and puddings (without chocolate) in moderate amounts.	Chocolate desserts, excessively rich desserts.
FATS	All in moderation.	None
SWEETS	All except mints and chocolate.	Chocolate candies and bars; no mints.
MILK	Nonfat, lowfat, and whole milk; yogurt	Chocolate flavored beverages
OTHER BEVERAGES	Tea, colas, and other sodas, mineral water, Postum.	Mint tea, chocolate soda, lemonade made with lemon juice, alcoholic beverages, coffee, decaffeinated coffee.
CONDIMENTS/ SEASONINGS	All	None