

7-Day GERD Diet Plan

Date:

Patient's Name:

Date of Birth:

Gender:

Referring Physician's Name:

Additional Notes:

Food Guide

What to Eat	What to Limit or Avoid
<ul style="list-style-type: none">• Whole Grans (e.g. oatmeal, couscous, brown rice)• Root vegetables (e.g. sweet potatoes, carrots, beets)• Green vegetables (e.g. asparagus, broccoli, and green beans)• Alkaline food (e.g. bananas, melons, cauliflower, fennel, nuts)• Watery food (e.g. celery, cucumber, lettuce, herbal tea)• Fruits (e.g. avocados, pears, berries)• Lean proteins (e.g. almonds, beans, skinless chicken, fish, seafood)	<ul style="list-style-type: none">• Fast food and processed snacks• Fried food• Pizza• Fatty Meats• Chili powder and pepper• Cheese• Tomato-based sauces• Citrus fruits• Chocolate• Carbonated Beverages

General Reminders

- Eat smaller meals and eat slowly.
- Avoid trigger foods.
- Choose lean proteins and eat loads of fruits and vegetables.
- Sit up for at least an hour after finishing a meal.
- Avoid late-night snacks or even eating before bed.

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Date:

Breakfast	
Lunch	
Dinner	
Snacks	

Date:

Breakfast	
Lunch	
Dinner	
Snacks	

Date:

Breakfast	
Lunch	
Dinner	
Snacks	

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Breakfast	
Lunch	
Dinner	
Snacks	

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Breakfast	
Lunch	
Dinner	
Snacks	

Date:

Breakfast	
Lunch	
Dinner	
Snacks	

Date:

Breakfast	
Lunch	
Dinner	
Snacks	

Notes:

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Sources:

GERD Diet: Foods That Help with Acid Reflux (Heartburn). (2022, March 28).
<https://www.hopkinsmedicine.org/> . <https://www.hopkinsmedicine.org/health/wellness-and-prevention/gerd-diet-foods-that-help-with-acid-reflux-heartburn>

Mph, Z. S. (2023, October 5). *Foods to eat, and foods to avoid with GERD and acid reflux.*
<https://www.medicalnewstoday.com/articles/314690#foods-to-avoid>