

7-Day GERD Diet Plan

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| Patient Information | |
| Name: | |
| Date of Birth: | Gender: |
| Referring Physician's Name: | |
| Initial Notes | |
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| Food Guide | |
| What to Eat | What to Limit and Avoid |
| <ul style="list-style-type: none"> • Whole grains (e.g. oatmeal, couscous, brown rice) • Root vegetables (e.g. sweet potatoes, carrots, beets) • Green vegetables (e.g. asparagus, broccoli, 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 | |
| <ul style="list-style-type: none"> • 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. | |
| Day 1 | Date: |
| Breakfast | |
| Lunch | |
| Snacks | |
| Dinner | |

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| Day 2 | Date: |
| Breakfast | |
| Lunch | |
| Snacks | |
| Dinner | |
| Day 3 | Date: |
| Breakfast | |
| Lunch | |
| Snacks | |
| Dinner | |
| Day 4 | Date: |
| Breakfast | |
| Lunch | |
| Snacks | |
| Dinner | |
| Day 5 | Date: |
| Breakfast | |
| Lunch | |
| Snacks | |
| Dinner | |
| Day 6 | Date: |
| Breakfast | |
| Lunch | |
| Snacks | |
| Dinner | |
| Day 7 | Date: |
| Breakfast | |
| Lunch | |
| Snacks | |
| Dinner | |

| Additional Notes | |
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Sources

GERD Diet: Foods That Help with Acid Reflux (Heartburn). (2022, March 28).
<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>