

7-Day GERD Diet Plan

Patient Information	
Name:	
Date of Birth:	Gender:
Referring Physician's Name:	
Initial Notes	
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	

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	

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>