

Acid Reflux Plan

Instructions: This plan provides a template for individuals and practitioners to structure their approach to the acid reflux plan. By using our recommendations for food and eating behaviors, you can begin this journey.

Patient Information

Name:		Height:	
Date of birth (yy/mm/dd):		Age:	
Date (yy/mm/dd):		Weight:	
Previous medical history (e.g., symptoms and experiences)			
Baseline diet			
Current behaviors			
Additional comments			

Recommended Food List

When implementing the acid reflux plan, we recommend the following foods as non-trigger to include, and trigger foods to avoid or eliminate. However, reactions to these foods may differ between individuals. Therefore, it is recommended to use these lists as a guide and make any adjustments as individuals and practitioners monitor progress and symptoms.

Trigger Food Items	Non-trigger Food Items
<ul style="list-style-type: none"><input type="checkbox"/> Alcohol<input type="checkbox"/> Caffeine<input type="checkbox"/> Carbonated beverages<input type="checkbox"/> Chilli or spicy foods<input type="checkbox"/> Chocolate<input type="checkbox"/> Citrus fruits (e.g., lemon or lime)<input type="checkbox"/> Garlic<input type="checkbox"/> Fried foods (e.g., fries or fried chicken)<input type="checkbox"/> High-fat foods<input type="checkbox"/> Mint<input type="checkbox"/> Onions<input type="checkbox"/> Pineapple Tomatoes (including tomato-based products)<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____	<ul style="list-style-type: none"><input type="checkbox"/> Broth<input type="checkbox"/> Fruit (non-citrus or non-acidic)<input type="checkbox"/> Healthy fats (e.g., olive oil or avocados)<input type="checkbox"/> Leafy greens<input type="checkbox"/> Lean proteins (e.g., fish or skinless poultry)<input type="checkbox"/> Lentils<input type="checkbox"/> Low-fat baked goods (e.g., bread or bagels)<input type="checkbox"/> Low-fat or fat-free dairy (e.g., milk or yoghurt)<input type="checkbox"/> Non-citrus fruits (e.g., watermelons or bananas)<input type="checkbox"/> Oats or oatmeal<input type="checkbox"/> Vegetables<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____

Recommended Behaviors

Do:

- Eat slowly during meal times.
- Try eating smaller, more frequent meals. For example, instead of three large meals, you may try five smaller meals.

- Maintain a healthy weight.
- _____
- _____
- _____
- _____

Avoid:

- Eating 2-3 hours before bedtime
- Reclining after meal times.
- Smoking or drinking alcohol.
- Wearing tight-fitting clothes during and after meal times.
- _____
- _____
- _____
- _____

Meal Plan

Meal	Notes:
Meal 1:	
Snack 1	
Meal 2:	

Snack 2:	
Meal 3:	
Hydration:	