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GASTROESOPHAGEAL DIETARY GUIDELINES

SIMPLE STEPS WITH HUGE IMPACT



FOODS TO AVOID

COFFEE
MILK
CHOCOLATE
TOMATOES
ONIONS
ALCOHOL
MEAT
SPICY FOODS
FRIED FOODS
FATTY FOODS
SUGAR
PEPPERMINT
CARBONATED BEVERAGES



OTHER LIFESTYLE SUGGESTIONS

EAT SMALLER MEALS
DON'T EAT PAST 7PM OR LAY DOWN AFTER SOON
AFTER ANY MEAL
DECREASE STRESS
AVOID KNOWN FOOD SENSITIVITIES
NO SMOKING
WORK ON SHEDDING THOSE EXTRA POUNDS
THAT PUTS UPWARD PRESSURE ON THE
STOMACH

GET MOVING



EXERCISE IS AN IMPORTANT KEY TO AVOIDING
GERD, HOWEVER INTENSE EXERCISE THAT INVOLVES
BOUNCING, INCLUDING RUNNING, CAN PUT
PRESSURE ON THAT LOWER ESOPHAGEAL
SPHINCTER
GENTLE WALKING IS BEST