



Tips for Reducing Reflux and LPR

Control your LIFE-STYLE and your DIET!

If you use tobacco, QUIT.

Don't wear clothing that is too tight, especially around the waist.

Avoid acidic juices and foods — OJ, tomato sauce/soup, etc.

Do not lie down for 3 hours after eating.

You should be on a lower-fat diet.

- **Limit your intake of red meat, butter & high fat dairy**
- **Avoid fried foods and fast food**
- **Limit chocolate *dark choc better choice**
- **Limit high cheese intake**
- **Limit eggs — 10 to 14 weekly**

Drink more water and limit or avoid:

- **Caffeine in coffee and tea**
- **Soda pop and carbonated water**
- **Mint candy or gum**
- **Hot pepper — jalapeno, habaneros, Asian peppers**

Limit or avoid alcoholic beverages, particularly in the evening.

Limit white starches and sugars. Replace with higher fiber choices.

White bread *wheat bread

White rice *brown (Success)

White pasta *wheat pasta

White potatoes *sweet potatoes

High sugar foods *high fiber cereals and bars