

Guidelines for Gastroesophageal Reflux Disease (GERD)



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

الخطوة الأولى لصحة عائلتك
The First Step to your Family's Health

Guidelines for Gastroesophageal Reflux Disease (GERD)

Gastroesophageal reflux disease (GERD) occurs when gastric contents reflux into the esophagus, causing a feeling of heartburn. It is typically attributed to the incompetence of the lower esophageal sphincter (LES), which normally serves as a barrier between the esophagus and the stomach.

This can be managed by some lifestyle changes:

- Eat several small meals throughout the day.
- Drink fluids between meals, instead of with the meal
- Eat in a calm, relaxed place. Sit down while you eat.
- Wait 3 hours after eating before lying down.
- Avoid fried and fatty food, use healthy cooking methods and avoid adding too much oil
- Eat healthy balanced food that includes fruits, vegetables, lean meat, poultry, fish, legumes, whole grains, and low-fat dairy products



Lose weight if overweight or obese



Exercise at least 4-3 times per week



Wear loose-fitting clothes



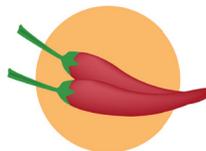
Do not smoke



Raise the head of your bed 6 to 9 inches (20-15 cm) by one of the following:

- Prop up the legs on the head of the bed with wooden blocks.
- Put a foam wedge under the top part of the mattress. (Stacking pillows is not effective)

Limit or avoid the following:



Pepper



Chocolate



Peppermint spearmint

- Nuts & nut butter
- Alcohol & caffeinated beverages (tea, coffee, energy/soft drinks)



- Any fruits or vegetables (vary from person to person)
- Fried food, pastries & high-fat desserts (doughnuts, croissants, French fries, etc.)
- Fried meats, processed meats: bacon, sausage, pepperoni, salami, bologna, hot dogs



Meal plan 1,500 CALORIES

Choose one option from each group



BREAKFAST	2 toasts or 1 bun or ½ pita bread or 1 cup of cereals	Starch group #2
	(1 egg + 30 g of low-fat cheese) or 60 g low fat cheese	Protein group #2
	1 cup of fresh vegetables or ½ cup cooked vegetables	Non-starchy vegetables group #1
	8 pieces of olives or 1 tsp. of vegetable oil for cooking	Fat group #1
SNACK	1 fruit (1 orange or apple, or 1 ¼ cup watermelon or strawberries...)	Fruits group #1
LUNCH	1 cup of rice or pasta, or 1 ½ cup of bulgur or millet or legumes, or 1 medium potato	Starch group #3
	90 g of fish or chicken or lean meat	Protein group #3
	2 cups of fresh vegetables or 1 cup cooked vegetables	Non-starchy vegetables group #2
	2 tsp. of vegetable oil for cooking	Fat group #2
SNACK	1 fruit (½ mango or banana or pomegranate, or ¾ cup of berries, or 3 dates)	Fruits group #1
	1 cup of skimmed or low-fat milk or Laban or yogurt	Milk group #1
DINNER	2/3 cup of rice or pasta, or ½ pita bread or 2 toasts	Starch group #2
	60 g of fish or chicken	Protein group #2
	2 cups of fresh vegetables or 1 cup cooked vegetables	Non-starchy vegetables group #2
	1 tsp. of vegetable oil for cooking	Fat group #1
SNACK	1 cup of skimmed or low-fat milk or Laban or yogurt	Milk group #1

*Note: You can exchange food items according to your preferences from the Exchange list

Meal plan 1,800 CALORIES

Choose one option from each group



BREAKFAST	3 toasts or 1 ½ bun or ¾ pita bread or 1 ½ cup of cereals	Starch group #3
	(1 egg + 30 g of low-fat cheese) or 60 g low fat cheese	Protein group #2
	1 cup of fresh vegetables or ½ cup cooked vegetables	Non-starchy vegetables group #1
	16 pieces of olives or 2 tsp. of vegetable oil for cooking	Fat group #2
SNACK	1 fruit (1 orange or apple, or 1 ¼ cup watermelon or strawberries...)	Fruits group #1
LUNCH	1 cup of rice or pasta, or 1 ½ cup of bulgur or millet or legumes, or 1 medium potato	Starch group #3
	90 g of fish or chicken or lean meat	Protein group #3
	2 cups of fresh vegetables or 1 cup cooked vegetables	Non-starchy vegetables group #2
	1 Tbsp. of vegetable oil for cooking	Fat group #3
SNACK	1 fruit (½ mango or banana or pomegranate, or ¾ cup of berries, or 3 dates...)	Fruits group #1
	1 cup of skimmed or low-fat milk or Laban or yogurt	Milk group #1
DINNER	1 cup of rice or pasta, or ¾ pita bread or 2 toasts	Starch group #2
	60 g of fish or chicken	Protein group #2
	2 cups of fresh vegetables or 1 cup cooked vegetables	Non-starchy vegetables group #2
	2 tsp. of vegetable oil for cooking	Fat group #2
SNACK	1 cup of skimmed or low-fat milk or Laban or yogurt	Milk group #1

*Note: You can exchange food items according to your preferences from the Exchange list

Portion	90 Grams	60 Grams	30 Grams	5ml	15ml	240ml
Equivalent to	Palm with fingers	Palm	2 fingers	Tea spoon	Table Spoon	1 cup
Visual guide by hand						



