

**GASTROENTEROLOGY CONSULTANTS, P C**  
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**ANTI-REFLUX DIET**

1. Elevate head of bed 4-6 inches using blocks beneath the legs of the bed. Do NOT use 2 or 3 pillows or a wedge.
2. Reduce fluid intake after evening meals.
3. Avoid laying down after meals for at least 2 hours.
4. Eat a high protein, low fat diet.
5. **AVOID:**
  - Fats
  - Chocolate
  - Alcohol
  - Tobacco
  - Peppermint
  - Tomatoes
  - Citrus Juices
  - Tight Clothing
6. Drink skim milk rather than whole milk.
7. Reduce weight.