

Heartburn Hints

Make these lifestyle & dietary changes:

- Avoid fried and fatty foods such as French fries and other fast-food items and spicy foods.



- Avoid chocolate such as candy bars, chocolate shakes, cupcakes, etc.

- Avoid coffee, caffeine-containing beverages, and alcohol.



- Avoid citrus fruits and juices, tomato products such as spaghetti sauce, and pepper.

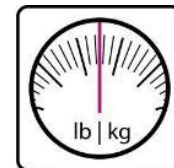


- Reduce your portions at mealtimes. Less food in your stomach will mean less chance for reflux.

- Eat meals 2-3 hours before going to sleep.



- Lose excess weight if you are overweight, it will lessen your symptoms.



- Quit smoking. Smoking weakens the valve between the esophagus and the stomach, increasing the chance for reflux.



- Raise the head of your bed with 6-inch blocks; gravity will help minimize reflux of stomach contents into the esophagus. Do not use extra pillows to elevate your head, since this can increase pressure on your abdomen.



- Avoid tight clothing and belts.

