



# The Best Foods for Acid Reflux & GERD

For the vast majority of those with GERD, lifestyle modifications can prevent and effectively treat this disease. A Nutritarian lifestyle effectively addresses each of the major risk factors. Let this be the start of a new you.

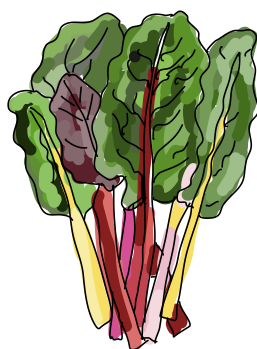


## Green juice

Freshly made green juices, especially those made from leafy greens like spinach and kale, are packed with essential nutrients and have an alkaline effect on the body, helping to reduce stomach acidity. They are gentle on the digestive system and promote healing of the esophagus.

## Steamed Greens

Cooking greens like spinach, kale, or Swiss chard helps soften their fibers, making them easier to digest. Steaming preserves their nutrients while removing the tough textures that might trigger reflux.



## Soups (oil-free)

Vegetable soups made from non-acidic vegetables like squash, zucchini, and carrots are excellent for soothing the digestive system. These soups provide hydration, fiber, and nutrition, while their warmth is comforting and easy on the stomach.

## Vitamin D

Increasing your intake of Vitamin D, either through supplements or sun exposure, has been linked to improved digestive health. Low levels of Vitamin D can exacerbate GERD symptoms, so ensuring optimal levels is critical for symptom management.



# The Worst Foods for Acid Reflux & GERD

## Oils

whether from cooking or salad dressings, slow down digestion and can increase stomach acid production, exacerbating acid reflux. They coat the stomach and esophagus, making it harder for acid to clear.

## Sweets

Sugary treats, especially those made with refined sugars, can weaken the lower esophageal sphincter, allowing stomach acid to back up into the esophagus. Desserts like cakes, candies, and pastries are common culprits.

## Baked Goods

Foods like bread, cookies, and muffins often contain refined grains and sugars, which can contribute to digestive issues. They also tend to be calorie-dense but nutrient-poor, which can cause weight gain and worsen reflux symptoms.

## Animal Products

Meat, especially fatty cuts, can slow digestion and increase the risk of acid reflux. Dairy products, such as cheese and cream, can also contribute to excess stomach acid production, irritating the esophagus.