

Food Connection: GERD

At H-E-B Wellness we believe that food is foundational to health. We also understand that eating habits are extremely personal and should be individualized. Therefore, we would encourage you to work with your H-E-B Dietitian to help create a food and nutrition plan that is tailored to your unique needs, goals, and values. This handout is meant to act as a simplified starting resource as you look to manage your health through food.

GERD

Gastroesophageal Reflux Disease, also known as GERD, can be impacted through both genetics and environment. Substantial research shows that changes to eating and lifestyle habits can have positive impacts on GERD. Controlling reflux can help avoid adverse esophageal disease. Lifestyle and diet changes may also cost less and have similar impacts as taking prescription medications, for some individuals. If your doctor has recommended looking into diet modifications to manage your reflux, below is a summary of relevant nutrition information to help support your goals. Visit with your H-E-B Dietitian or H-E-B Wellness Primary Care provider to determine appropriate intake levels for the foods listed.

Foods to Encourage

Nutrient	Why does it matter?	Food Sources*	Amount**
Fiber	Helps prevent overeating	1 cup blueberries, 1 cup oatmeal, 1 medium sweet potato, 1 cup lentils	M, 50 or younger: 38 grams M, over 50: 30 grams W, 50 or younger: 25 grams W, over 50: 21 grams
Water Rich Foods	Dilutes stomach acid to reduce symptoms	Fruits, soups, caffeine-free teas	Fluid needs vary M: about 15.5 cups/day W: about 11.5 cups/day Includes fluid consumed from both foods and beverages
Alkaline Foods	Counteract stomach acid	Nuts, melons, banana	

*Each food listed under *Food Source* provides a good source, or at least 10% of the Daily Value, of the nutrient per serving. Always refer to the nutrition facts label of a food for specific quantities of nutrients as these may vary greatly.

**Quantities listed under *Amounts* based on Adequate Intakes (AI) or Recommended Daily Allowances (RDA) for the nutrient.

Foods to Limit

Nutrient	Impact	Food Sources
Fried Foods	May trigger excess stomach acid in some individuals	Battered- or deep-fried foods such as French fries, chicken tenders, fried pickles, hot wings
Acidic Foods	May increase stomach acid secretion in some individuals	Citrus, tomatoes, hot sauces
Individual Triggers	Each person may identify specific food that induce symptoms that are individual to them	Variable
Caffeine	Reduces strength of sphincter to prevent acid backflow	Coffee, tea, chocolate

Schedule a visit with your H-E-B Dietitian for additional product recommendations and to create a personalized nutrition plan. Visit www.heb.com/nutrition to schedule or speak to your Wellness Care Team to learn more.

H-E-B Shopping List

