

## Top 10 Tips to Manage Acid Reflux (Heartburn)

Use these 10 tips to help manage acid reflux symptoms:

1	2	3	4	5
Eat smaller, more frequent meals throughout the day to satisfy hunger. Eating a large meal can slow digestion and cause acid reflux.	Eat slowly and savor each bite! To slow down while eating try putting your fork down between bites and chew thoroughly.	Avoid tight clothing. Tight pants, belts, and stockings can all put pressure on the stomach causing heartburn symptoms.	Eliminate caffeinated drinks. They can increase acid in the stomach and may cause heartburn symptoms.	Avoid spicy foods. Use herbs and spices instead that don't cause heartburn such as basil or rosemary.
6	7	8	9	10
Avoid or limit fatty, greasy and acidic foods, including fried foods, fast food, ice cream, cheese, red meat, orange or grapefruit juice (switch to cranberry or apple instead), tomatoes, tomato sauces, vinegar, chocolate, mint, garlic, and onions. Try lower fat cooking methods such as steaming, broiling, or roasting, and use low-fat dairy products.	Avoid lying down for at least 2 hours after eating. Having food in your stomach when you lie down can trigger symptoms.	Raise the head of your bed 6 to 9 inches. You can put a foam wedge under the top part of the mattress or prop up the legs on the head of the bed with wooden blocks (stacking pillows is not effective).	Try an antacid. Always consult with your physician first and opt for antacids containing calcium carbonate. Avoid antacids containing aspirin.	Chew gum (without mint flavor). Saliva can neutralize stomach acid.

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