

HEARTBURN/REFLUX TRIGGERS

Alcohol

Fried Food

Spicy Food

Tomatoes

Oranges

Mint

Beef

Coffee

Cheese

Soda

Chocolate

Garlic

Salt & Pepper

Butter

Candy

AVOID foods that trigger heartburn/reflux

AVOID tight-fitting clothing (which puts pressure on your abdomen and the lower esophageal sphincter)

AVOID lying down after a meal (Wait at least 3 hours)

AVOID late night meals

AVOID smoking (Smoking decreases the ability of the lower esophageal sphincter to function properly)