



HEALTHIER YOU
PTY LTD

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Strategies for managing GORD

Gastro oesophageal reflux describes a backflow of acid from the stomach into the oesophagus. This acid can irritate and sometimes damage the delicate lining on the inside of the oesophagus. Some of the following strategies may help prevent the symptoms of GORD.

1. Lose weight
 - a. Aim to lose 5-10% of your body weight in 12 months
 - b. Loss of fat around the mid-section of your body takes pressure off the digestive tract
2. Mind your posture:
 - a. Avoid wearing tight clothing/belts, especially around the waist.
 - b. Sit on chairs that allow knees to be below hips where possible.
 - c. Remain upright for as long as possible following meals.
 - d. Avoid lying down for two hours following a meal.
 - e. Avoid bending forward following meals.
 - f. Experiment with sleeping position, elevating the head of your mattress or using extra pillows may be beneficial.
 - g. Avoid exercising within one hour of eating
3. Eat Smaller meals
 - a. Avoid feeling full. Consume six small frequent meals rather than three large meals
 - b. Eat a diet high in protein.
 - c. Avoid very hot or very cold foods.
 - d. Avoid fizzy beverages, although if consumed do so one hour before or following meals.
 - e. Drink fluids in between meals
4. Moderate foods which directly irritate the GI lining
 - a. Alcohol – 2 standard drinks, 5 days/week
 - b. Caffeine – 2-3 cups of coffee/day
 - c. Fatty foods – take away, skin on chicken, fat on meat, creamy sauces, deep fried food
 - d. Chocolate
 - e. Acidic foods : Citrus fruits and juices; Tomato and juices; Vinegars
 - f. Spices: Spices, Garlic, Black Pepper, Onions, MSG, Chilli, Curry
 - g. Avoid cigarette smoking.
5. Moderate wheat based products
 - a. Sometimes GORD can be caused by the stomach being pushed into the oesophagus as a result of gas produced in the lower bowel by undigested foods.
 - b. Malabsorption of wheat is one of the common causes. Trial a wheat free diet