



**COMMUNITY  
SERVICES #1**  
enable • enhance • enrich

# REFLUX

• CS#1 NUTRITION •

**Did you know?**  
Being overweight increases your chances of developing reflux. Smoking can also worsen reflux symptoms.

**Did you know?**  
Women often experience reflux during pregnancy.

Reflux is a common condition and can occur at any time.

It is caused by stomach acids going back into the throat (oesophagus).

This can cause a burning sensation in the throat or chest (heartburn) and can cause belching (burping).

It's important to manage reflux, as the persistent acid in the oesophagus can cause damage over time.

Foods that commonly cause reflux:

- spices
- caffeine
- tomatoes
- onions and garlic
- carbonated drinks
- chocolate
- alcohol, and
- deep-fried foods.

# HEALTHY EATING REFLUX

• CS#1 NUTRITION •

## Do:

- Keep a food and symptoms diary for a week, to help identify the foods that may cause discomfort. Everyone is different; food that causes you discomfort may not have the same effect on someone else.
- Choose low-fat dairy and remove the fat on meat and skin on poultry.
- Eat small meals.
- Snack on healthy food such as vegetables and fruit.
- Exercise regularly to help manage symptoms.

## Don't:

- Eat high fat and high kilojoule meals as it can increase your symptoms.
- Over eat.
- Drink too much alcohol.
- Lie down straight after eating.
- Eat before vigorous exercise.
- Eat too closely to bed time (allow two to three hours after meals).

Supported by



**ACT**  
Government

[www.communityservices1.org/nutrition](http://www.communityservices1.org/nutrition)