

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Indigestion and acid reflux

How your diet can help



What are some of the common causes of indigestion and reflux?

- ✚ Obesity
- ✚ Pregnancy
- ✚ Constipation

These can cause increased pressure on the stomach.

How can you help to reduce some of your symptoms?

1. Eat and enjoy as wide a variety of food as possible
2. Try to keep to a healthy weight. Extra weight around your abdomen can put pressure on your stomach and this can lead to reflux of stomach acids.
3. Eat small frequent meals- avoid eating large meals

9. To avoid constipation ensure your diet contains sufficient fibre rich foods (E.g. Wholemeal bread, whole wheat cereals, oats, brown rice/pasta, fruit and vegetables). Please increase these foods gradually.

10. It is important to have a source of vitamin C in your diet each day. If citrus fruits or fruit juices cause discomfort, try blackcurrant, pear or peach fruits/ drinks instead

11. Keep your back straight when eating and avoid stretching or bending after a meal. Let your food go down first!

12. If you need to bend, use your knees and avoid bending from your waist.

13. Avoid smoking and eating your meals in a smoky room.

14. You may find propping up the head end of the bed by approximately four-6 inches (10 cm) helpful.

15. Take medication as prescribed by your GP at the correct doses and times.

- ✦ Fried foods
- ✦ Fatty foods (e.g. sausages, beef burgers, pork pie)
- ✦ Spicy foods
- ✦ Suet and other pastries
- ✦ Toasted cheese
- ✦ Very new bread and or hot bread
- ✦ Unripe fruit such as green bananas
- ✦ Onions, cucumber, radish, green peppers
- ✦ Vinegar, pickles
- ✦ Chocolate
- ✦ Oily fish. e.g. pilchards, kippers, mackerel
- ✦ Very strong tea and coffee
- ✦ Alcoholic drinks
- ✦ Citrus fruit juices

Very hot/cold meals (these tend to increase the intake of air into the stomach)

4. Allow plenty of time to eat your meals. Eat slowly and chew your food well.

5. Avoid eating late at night.

6. Drink plenty of fluids. It may be useful to have a drink 30-60mins after a meal, rather than with a meal

7. Avoid tight fitting clothes

8. Eat foods you know you can tolerate.

Some of the foods listed below may cause problems; but everybody is different and you may be able to eat some of these foods with no problems.