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**Lifestyle Modification for GERD  
(Gastro Esophageal Reflux Disease)**

1. Avoid larger meals. Eat smaller more frequent meals.
2. Avoid lying down for 3 hours after meals.
3. If at all possible, elevate the head of your bed.
4. Avoid late night snacks.
5. Avoid foods that can aggravate reflux:
  - Fats
  - Onion
  - Chocolate
  - Alcohol
  - Caffeine
  - Citrus juices
6. Exercise and manage your weight
7. Decrease stress