

Date: _____

Client's Name: _____

Registered Dietitian's Name: _____

Phone # _____ 705-522- 6237 _____ ext- _____

Toll Free # _____ 1-877-228-1822 _____ ext- _____

Heartburn

Heartburn is caused by a backup of stomach acid into the esophagus creating a burning sensation in the chest or throat. There are several reasons why heartburn may occur. These include obesity, pregnancy, smoking, alcohol intake, eating large meals, consuming fatty and/or spicy foods, caffeine intake, body position, hormones and certain medications.

The types of foods that worsen heartburn vary from person to person. Take note and avoid the foods that cause you discomfort. You may try to reintroduce these foods into your diet in small amounts when your symptoms have resolved.

Common foods that may cause discomfort:

- High fat, fried or greasy foods (e.g. fries, bacon, chips, fast food items)
- Spicy foods (e.g. chili, tacos, tomato sauces, garlic, BBQ sauce)
- Alcoholic beverages
- Caffeine-containing beverages (e.g. coffee, tea, colas)
- Chocolate
- Citrus juices or drinks
- Gravies made from fatty drippings
- Mints (peppermints and spearmints)
- High fat dairy products (eg. heavy cream, cheese)

Helpful Hints:

- Eat smaller more frequent meals (e.g. 5 to 6 small meals per day)
- Use low fat cooking methods (e.g. broiling, baking, steaming)
- Avoid clothing that is tight across the stomach
- Avoid smoking or being in a smoky environment
- Do not do any physical activity immediately after eating. Relax, sitting up for at least 45-60 minutes following a meal.
- Avoid eating 2 hours before you go to bed at night
- While sleeping, use extra pillows to elevate your head at a 45 degree angle



If you are avoiding foods that cause discomfort and your symptoms still do not resolve, over-the-counter *antacids* may help to relieve heartburn symptoms. You may wish to consult with your doctor, nurse or pharmacist before starting any new medications.