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Tips for Reducing Reflux and LPR

 Controlling your lifestyle and your diet is a great way to manage your reflux and LPR:

* We recommend if you are a tobacco user to quit.
* Don't wear clothing that is too tight, especially around the waist.
* Avoid acidic juices and foods — OJ, tomato sauce/soup, etc.
* Do not lay down for 3 hours after eating.
* Try to maintain a lower fat diet.
* Limit your intake of red meat, butter & high fat dairy.
* Avoid fried foods and fast food.
* Limit chocolate \*dark chocolate is a better choice.
* Limit high cheese intake.
* Limit eggs — 10 to 14 weekly.
* Drink more water and limit or avoid: Caffeine in coffee and tea, Soda pop and carbonated water.
* Avoid Mint candy or gum
* Avoid Hot peppers — jalapeno, habaneros, Asian peppers
* Limit or avoid alcoholic beverages, particularly in the evening.
* Limit white starches and sugars. Replace with higher fiber choices.
	+ - White bread \*wheat bread
		- White rice \*brown (Success)
		- White pasta \*wheat pasta
		- White potatoes \*sweet potatoes
		- High sugar foods \*high fiber cereals and bars