If you suffer from any of these, there are things you can do to reduce your discomfort and improve your health and quality of life.

1. **Limit your intake of acidic foods and drinks.**
   - Coffee
   - Citric juices like OJ, grapefruit juice, lemonade
   - Tomato-based foods like tomato sauce, pizza sauce and salsa.

2. **Limit your intake of caffeine.**
   - Coffee, tea, iced tea, and soda
   - Energy drinks containing caffeine
   - Chocolate

3. **Limit your intake of alcohol.** Alcohol will increase the production of stomach acid and relax the muscle at the end of the esophagus causing reflux to occur.
   - Liquor, beer, wine

4. **Avoid foods that relax the muscle at the end of the esophagus, allowing acid from the stomach to back up into the food pipe.**
   - Peppermint gum, candy, tea, or breath mints
   - Chocolate
   - Onions, garlic, spicy foods

5. **Avoid fatty foods which remain in the stomach for an extended period of time and cause increased acid secretion.**
   - Fatty foods
   - Fried foods

6. **Watch your weight.** Being overweight increases the pressure in your abdomen, thus aggravating reflux. **Don’t gorge yourself** at mealtime. Eat smaller meals with healthy snacks in between.

7. **Stop smoking.** Smoking both increases stomach acid production and relaxes the muscle at the end of the esophagus making reflux worse.

8. **Don’t exercise too soon after eating. Avoid bedtime snacks and eat meals at least 3 hours before lying down.** Elevate the head of your bed with blocks if needed. Allowing yourself time to digest will help prevent reflux.

9. **Take your medications as prescribed.**