

Acid Reflux Plan

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Instructions: This plan provides a template for individuals and practitioners to structure their approach to the acid reflux plan. By using our recommendations for food and eating behaviors, you can begin this journey.

PATIENT INFORMATION

Name: _____ Height: _____

Date of birth (yy/mm/dd): _____ dd / mm / yyyy Age: _____

Date (yy/mm/dd): _____ dd / mm / yyyy Weight: _____

Previous medical history (e.g., symptoms and experiences)

Baseline diet

Current behaviors

Additional comments

RECOMMENDED FOOD LIST

When implementing the acid reflux plan, we recommend the following foods as non-trigger to include, and trigger foods to avoid or eliminate. However, reactions to these foods may differ between individuals. Therefore, it is recommended to use these lists as a guide and make any adjustments as individuals and practitioners monitor progress and symptoms.

Trigger Food Items: Alcohol, Caffeine, Carbonated beverages, Chilli or spicy foods, Chocolate, Citrus fruits (e.g., lemon or lime), Garlic, Fried foods (e.g., fries or fried chicken), High-fat foods, Mint, Onions, Pineapple, Tomatoes (including tomato-based products)

RECOMMENDED BEHAVIORS

Do: Eat slowly during meal times. Try eating smaller, more frequent meals. For example, instead of three large meals, you may try five smaller meals. Maintain a healthy weight.

Avoid: Eating 2-3 hours before bedtime, Reclining after meal times, Smoking or drinking alcohol, Wearing tight-fitting clothes during and after meal times.

MEAL PLAN

Meal Notes:

Meal 1:

Snack 1:

Meal 2:

Snack 2:

Meal 3:

Hydration: