

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):

Age:

Date (yy/mm/dd):

Weight:

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

Baseline diet

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:

Meal 3:

Hydration:
