Soothe the Burn

What you eat can help reduce symptoms of acid reflux.

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Acid reflux causes heartburn, a painful condition that affects more than 60 million Americans at least once each month, according to the American College of Gastroenterology. Other signs of acid reflux include nausea, difficulty swallowing and regurgitation. But what you eat can help reduce the symptoms of this common problem.

Most experts agree that tweaking one's diet is an effective way for those suffering from acid reflux to get relief. Some suggest that those with this problem would fare better eating more tolerable foods. Avoid high-fat, acidic foods (like pizza), hot spices, caffeine and alcohol. Try adding fresh vegetables and nonacidic fruits, like bananas and pears, as well as oatmeal and lean meats, like turkey and fish, to your diet.

Nutritionists also recommend that folks eat smaller meals, reduce the total amount of fat consumed at each meal and sit upright while dining.

These small actions, they stress, may minimize problems and stop acid reflux from progressing to gastroesophageal reflux disease (GERD), a more severe form of reflux that can cause serious complications.

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