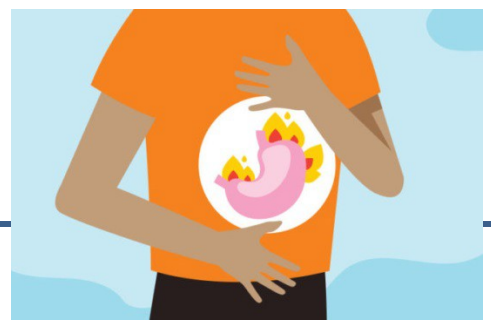


Florida Healthcare Associates
GERD (Acid Reflux)



- Foods to avoid:
 - Alcohol
 - Caffeine
 - Carbonated beverages
 - Chocolate
 - Citrus fruits and juices
 - Tomatoes and tomato-based foods
 - Garlic
 - Onions
 - Mint
 - Spicy foods
 - Fried foods
- Other helpful tips:
 - Eat smaller meals
 - Eat slowly
 - Do not lie down right after eating