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Holiday Diet Strategies for People with Heartburn

From the blog: [Nutrition Tidbits - HealthCastle](#)

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Sixty million Americans experience heartburn at least once a month. But heartburn doesn't have to join turkey and dressing on the holiday menu this season.

Fatty foods are usually the biggest culprits for causing heartburn, and since most holiday foods are high in fat, you may want to look for other ways to deal with heartburn during the holidays. Dr Ergun, a gastroenterologist with the Methodist Hospital in Houston, advises heartburn sufferers not to lie down right after eating and not to eat within two to three hours of bedtime.

Holiday Diet Strategies for People with Heartburn

1. Take an antacid before your meal.
2. Avoid alcohol, cigarettes, and mint products like peppermint or spearmint prior to your meal. The worst culprit is beer - it can double your stomach acid within an hour.
3. High-fat foods remain in your stomach longer, causing the need for more stomach acid to digest them. So eat a smaller portion (or avoid) high-fat items like fried foods, cream-based soup, cheese-filled casseroles, processed meats like salami and sausages, and pastries like pecan pie.
4. Different foods trigger heartburn in different individuals. According to Dr. Ergun, the following condiments are the most common culprits: chocolate, cranberry sauce, relish, tomato sauce, ketchup, pepper, mustard, and vinegar.
5. Avoid carbonated soda. Water is your best bet.
6. Remember: don't overeat! Eating too much of any food will stimulate the stomach to secrete more acids for digestion.

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Written by Gloria Tsang, RD

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