

# How to Avoid Heartburn

---

## Tips:

- Eat fruits, veggies, and whole grains.
- Have small meals, and chew slowly.
- Don't skip meals.
- Wait 2-3 hours after eating to lie down.
- Work out 3 or more times per week.
- Wear loose fitting clothing.
- Quit smoking.
- Lift the head of your bed 6-9 inches. You can prop up the legs on blocks.

**Some foods and drinks can make heartburn worse for many people.**

**Listen to your body to see if these give you heartburn:**

- Acidic foods like tomatoes, oranges, grapefruit and pineapple
- Chocolate
- Mint, peppermint, or spearmint
- Spicy foods
- Black pepper
- Onions and garlic
- Fried, greasy and high-fat foods
- Drinks with caffeine (coffee, teas, sodas, or energy drinks)
- Alcohol



**There may be other foods that bother you too. Be mindful of what you are eating. Track the foods that give you heartburn, and talk to a CHN nutritionist for more help.**

**Talk to your CHN nutritionist if you have more questions!**