

What to Do to Help with “Heartburn”

The best ways to decrease heartburn:

- Avoid smoking and vaping
- Avoid alcohol
- Maintain a healthy weight
- Minimize stress

These changes are hard for many people. If you want help with these, please talk to us or your usual doctor.

These easy changes may help, too:

- Avoid lying down after a meal
- Do not eat a large meal late in the day
- Do not eat at all in the 2 hours before bedtime
- Do not eat more than a small snack before exercising

Some people get heartburn when they eat:

- Fatty, greasy, or fried foods
- Onions
- Chocolate
- Coffee
- Peppermint
- Carbonated or sports drinks
- Citrus fruits (orange, lemon, lime)
- Spicy foods

This varies from person to person. Try going without these foods to see if you feel better.