

Diet for Hiatus Hernia

- Maintenance of normal body weight is very important.
- Eat regular meals and never overeat.
- Eat small helpings slowly.
- Do not drink any liquid for half an hour before and half an hour after meals.
- Avoid all fizzy drinks.
- Do not retire to bed for at least one hour after your evening meal.
- Use simple preparation of food.
- Avoid fried foods.
- Avoid spicy food.
- Avoid foods that are very fibrous or that contain a lot of pips.
- Avoid rich creamy foods, pastries and cakes.
- Avoid freshly baked bread and rolls.
- Avoid strong flavored vegetables e.g. onions, cabbage.