

FOOD CHOICES

FOOD AND LIFESTYLE GUIDELINES

FOR PEOPLE EXPERIENCING
HEARTBURN

DR. TECKLAH USAI



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CHAPTER ONE

INTRODUCTION

This book is a collection of food suitable for people who experience heartburn. More than fifty recipes (for the sort of stuff you)one can make for (your)oneself, family and friends. A well balanced diet that is suitable for people who are prone to Gastroesophageal Reflux Disease (GERD). In this book GERD (gastroesophageal Reflux disease) will be used interchangeably(e) with heartburn. The proportion spent on food will vary according to the size of the income, the standard of living, the time available for shopping and the numbers to feed. A considerable saving can be effected if fresh fruit and vegetables can be grown in the garden, manpower(. Food for those who are prepared) to preparethe food (take care) and effort to produce real meals suitable for people who experience heartburn (**Johnson et al, 2004**).

Background

Heartburn is the backward flow or regurgitation of stomach contents passing up into the esophagus (Berardi, 2006). Heartburn begins as a burning pain in the middle of the chest, behind the breast bone, often after a big meal. Several diet recommendations have been proposed for people who are prone to heartburn . Since different foods contain many different nutrients, it is important to select food wisely, plan diets properly and come up with methods of preparing foods for maximum absorption.