Heartburn: What You Can Do

Eat five or six small meals a day instead of two or three large meals.

- Eat food slowly and in small portions
- Eat only small servings (2 to 3 ounces) of lean meat at one time
- Limit your intake of fluids with meals
- Take sips of water, milk, or eat a spoonful of yogurt

Stand or sit up straight after you eat.

- Wait at least two to three hours after you eat before you lie down or go to bed
- Sleep or rest with pillows under your shoulders to prop you up

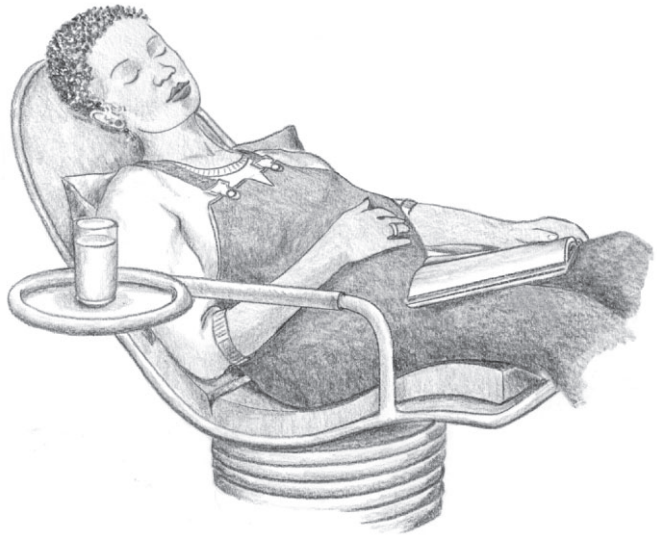
Being physically active may help heartburn go away.

- Take a relaxing walk
- Sit quietly and breathe deeply
- Try the flying exercise:
  - Sit cross-legged or tailor fashion
  - Stretch your arms to the sides
  - Bring the back of your hands together over your head
  - Quickly raise and lower your arms
  - Try doing this 10 times

Wear loose-fitting, comfortable clothing; avoid tight waistbands.

Staying away from these foods might help:

- Greasy, fried, or deep fried foods
- Spicy foods, like chili, pepper, or curry
- Pizza
- Sausage, bacon, and other fatty meats
- Garlic and onions
- Acidic foods, like tomatoes, citrus, salsa
- Coffee (any kind)
- Sodas or teas with caffeine
- Chocolate
- Carbonated beverages



Stay away from alcohol and cigarettes. They can make heartburn worse and they can harm your baby.