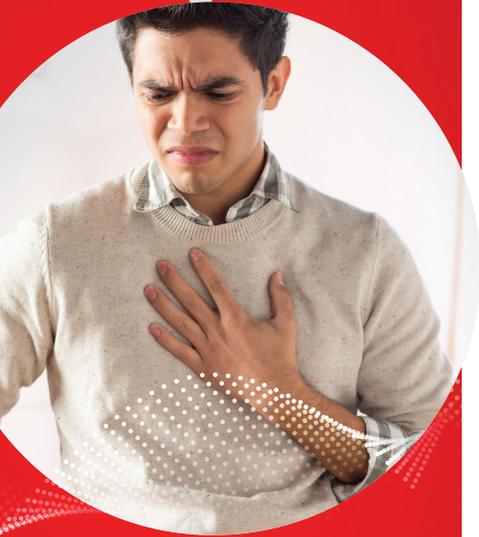**Occasional heartburn occurs in**

~1 in 3

Americans

APPROACHES TO HELP YOU

MANAGE **OCCASIONAL HEARTBURN**

WHAT IS OCCASIONAL HEARTBURN AND WHAT DOES IT FEEL LIKE?

You may experience occasional heartburn when acid in the digestive system backs up into the esophagus resulting in a sour or bitter taste in your mouth. This occurs when you swallow, and the lower esophageal sphincter does not relax or open properly to let liquid and food flow to your stomach.

WHAT TRIGGERS OCCASIONAL HEARTBURN?

- Certain foods in your diet or various lifestyle behaviors
- May vary based on the individual

The best way to identify which foods are triggers for you is to keep a journal to see connections between the symptom and intake of these foods.

FOOD AND BEVERAGE TRIGGERS:

- Fatty, spicy or fried foods
- Acidic foods: citrus fruits and juices; tomato-based products
- Beverages: carbonated beverages, alcohol, coffee, caffeinated beverages
- Peppermint
- Garlic and onions

LIFESTYLE MODIFICATIONS:

- Eat small meals throughout the day
- Avoid large or fatty meals including fried foods
- Avoid lying down within 3-4 hours after a meal
- Elevate the head of the bed 4-8 inches
- Avoid wearing clothing that is tight around the waist
- *Speak with your healthcare provider:*
  - *— For weight management tips*
  - *— To review your medication list*
  - *— To discuss a plan to quit smoking*

This resource is for educational purposes only and does not replace consultation with a healthcare provider if you think you may be experiencing occasional heartburn, or if symptoms persist or worsen.

HBgard™

SYMPTOM
TRACKER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

The best way to identify which foods are triggers for you is to keep a journal to see connections between the symptom and intake of these foods.

Use this tracker to diary your symptoms, along with time of day and type of food you ate prior to feeling symptoms.
Identify any connections or share with your healthcare provider to discuss.

Nestlé
HealthScience ®