

Tips for Food Options for a Hiatal Hernia^{1,2}



When you have a [hiatal hernia](#), what you eat can make a difference in feeling common symptoms like heartburn or acid reflux. Some tips that can help manage your symptoms include avoiding certain unhealthy foods and limiting your risk of having GERD-like (gastroesophageal reflux disease) issues.³ Eating healthy foods can help you cope with conditions associated with a hiatal hernia.

Foods That May Cause GERD-Like Symptoms ³	Foods That Are Less Likely to Cause Symptoms
<ul style="list-style-type: none">• Citrus Foods/Juices<ul style="list-style-type: none">• Oranges, grapefruits, lemons, limes, cranberries• High-Fat Content<ul style="list-style-type: none">• Chocolate, oil, butter, fried foods (i.e., fried chicken and fatty cuts of meat)• Ingredients With a “Kick”<ul style="list-style-type: none">• Garlic, onions, spicy foods, peppermint, spearmint• Tomato-Based Products<ul style="list-style-type: none">• Spaghetti sauce, pizza, chili, salsa, tomato juice• Certain Beverages<ul style="list-style-type: none">• Coffee and tea (including decaffeinated versions), carbonated drinks, alcohol• High-Fat Dairy Products<ul style="list-style-type: none">• Whole milk, ice cream, and creamed food	<ul style="list-style-type: none">• Non-Citrus Fruits<ul style="list-style-type: none">• Bananas, apples, pears• Vegetables<ul style="list-style-type: none">• Green beans, peas, carrots, broccoli• Whole Grains<ul style="list-style-type: none">• Bran, oatmeal, bread, rice, pasta, crackers• Low-Fat /Fat-Free Dairy<ul style="list-style-type: none">• Skim milk, low-fat yogurt, mild cheese (feta or goat), cream cheese, fat-free sour cream• Dairy Milk Alternatives<ul style="list-style-type: none">• Soy, oat, coconut, almond milks• Certain Beverages<ul style="list-style-type: none">• Coffee and tea (including decaffeinated versions), carbonated drinks, alcohol• Lean Meats<ul style="list-style-type: none">• Chicken, fish, seafood

Each person is different and tolerates food differently. Some people may experience hiatal hernia symptoms even when they limit their diet to the foods less likely to cause symptoms, and others may not experience any symptoms when eating items on the “foods to avoid” list.

As always, consult with your doctor to learn more about your specific condition and to find out additional options that could benefit you and your hernia treatment.

Do you think you may have a hernia? [Find a local surgeon](#) to schedule a hernia consultation.

1. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/multimedia/back-pain/sls-20076866> 2. <https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=hw206944> 3. <https://www.winfieldhospital.co.uk/news/can-lifting-heavy-objects-cause-a-hernia>