Eat smaller, more frequent meals.
Limit citrus, tomato products, strong spices, caffeine, carbonated drinks, fatty foods, chocolate, mint and alcohol.
Elevate the head of your bed 6-8 inches or use a wedge-shaped pillow.
Maintain a reasonable weight.
Relax and manage stress.
Take asthma medications consistently.

Tips for Managing Asthma and GERD

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- Limit citrus, tomato products, strong spices, caffeine, carbonated drinks, fatty foods, chocolate, mint and alcohol.
- Elevate the head of your bed 6-8 inches or use a wedge-shaped pillow.
- Maintain a reasonable weight.
- Relax and manage stress.
- Take asthma medications consistently.

Don’t:
- Eat two to three hours before bedtime.
- Wear belts or clothes that are tight around the waist.
- Smoke.