



# Nutrition for Hiatus Hernia Diet Guide

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# Nutrition

## Hiatus Hernia

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### **Importance of Diet in Hiatus Hernia**

Hiatus hernia is a condition when part of the stomach bulges into the chest through the diaphragm.

A symptom-oriented diet may assist:

- Minimize acid reflux and bloating
- Prevent the irritation of the esophagus
- Facilitate smooth digestion
- Help sustain healthy weight to minimize pressure upon the stomach

### **Goals of Diet Therapy**

- Avoid intake of foods that relax the lower esophageal sphincter or raise acidity
- Avoid overeating and bloating
- Promote smaller, more regular meals
- Provide easy-to-digest, low-fat, non-acidic foods
- Steer clear of food culprits that aggravate reflux symptoms



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## Hiatus Hernia

### Recommended Foods for Hiatus Hernia

- **Easy-to-digest Cereals**

Oats, rice, suji (semolina), whole wheat roti (thin), dalia

- **Fruits (non-acidic only)**

Bananas, papaya, melon, apple (peeled), guava (ripe)

- **Vegetables**

Bottle gourd, ridge gourd, carrot, pumpkin, spinach, beans (boiled or steamed)

- **Proteins**

Moong dal, masoor dal, paneer (soft), tofu, chicken (boiled/grilled), eggs (boiled or soft)

- **Healthy Fats**

Use cold-pressed oils in moderation; include soaked nuts like almonds and walnuts in moderation

- **Fluids**

Water, fennel/jeera/tulsi tea, buttermilk (if not reflux-inducing), coconut water

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## Hiatus Hernia

### Foods to Avoid in Hiatus Hernia

1. **Caffeine:** Coffee, strong tea, chocolate beverages
2. **Spicy & Fried Foods:** Pakoras, samosas, pickles, heavy masalas
3. **Citrus Fruits & Juices:** Orange, lemon, pineapple, tomato
4. **Carbonated Drinks:** Soda, sparkling water, aerated drinks
5. **Fatty Foods:** Cream, butter, ghee in excess, oily curries
6. **Onion and Garlic (raw):** These tend to worsen reflux
7. **Peppermint:** Can relax the LES and worsen reflux



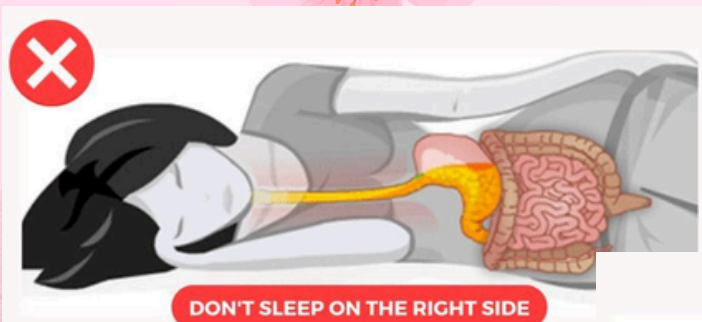


# Nutrition

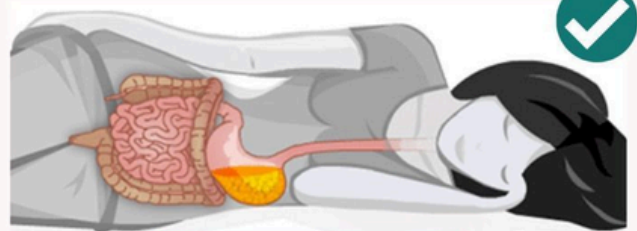
## Hiatus Hernia

### Tips for Managing Hiatus Hernia with Diet

- Eat small, frequent meals (4–6 times/day)
- Avoid lying down for at least 2 hours after eating
- Elevate the head end of the bed by 6–8 inches if reflux happens during sleeping
- Chew food well and eat slowly
- Have a healthy body weight
- Avoid wearing tight clothes around the stomach
- Drink water in small sips, rather than in large quantities at one time



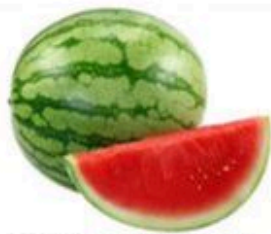
DON'T SLEEP ON THE RIGHT SIDE



SLEEP ON THE LEFT SIDE



# Nutrition Hiatus Hernia



**Water Melon**



**Apple**



**Banana**



**Pear**



**Broccoli**



**Cauliflower**



**Leafy greens**



**Cucumbers**



**Oats**



**Brown Rice**



**Whole wheat bread**



**Pulses**



**Peppermint tea**



**Chamomile tea**



**Ginger Tea**



**Apple Cider Vinegar**



**Yogurt**



**Skim milk**



**Nuts**



**Avocado**

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## FOODS THAT HEAL VS. FOODS THAT HURT GASTRITIS



Your Health Matters



Bananas



Carrots



Chamomile Tea



Water



Chicken Broth



Plain Yogurt



Chicken



Almonds



Happy & Healthy Eating  
-Indumathi RD



Citrus fruits



Pickled vegetables



Coffee



Alcohol/Carbonated  
drinks/Fruit juices



Hotpeppers, Chillies

Spicy and Acidic  
condiments



Fried Chicken,



Pizza, Fries

Chocolate &



Desserts