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6 Delicious Recipes to Include in Your GERD Diet gerFoodie

Diet and Recipes for GERD. A great way to avoid the symptoms of heartburn and acid reflux is to develop a GERD diet. Gastroesophageal Reflux Disease (GERD) is a disorder in which the ring of muscles that separates the esophagus and the stomach becomes weak causing acid reflux or heartburn.

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Healthy Recipes Allrecipes com

Quinoa, a delicious and nutritious whole grain, is used to make a light and tasty turkey stuffing. I prefer to bake this stuffing in the bird, but it can be baked separately in another baking dish and basted with the turkey juice.

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