

**Gastroesophageal Reflux Symptoms and Nutritional Preferences**Nilgün Seremet<sup>1</sup>, Nilgün Karaagaoglu<sup>2</sup>, Gülsah Kaner<sup>3</sup> and Kübra Tel<sup>4</sup>

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**ABSTRACT** The increase in the prevalence of symptoms of Gastroesophageal Reflux Disease (GERD) demonstrates the importance of defining the changeable risk factors. Diet is the primary one among the changeable risk factors. The objective of this research is to identify the general characteristics of patients who are newly diagnosed with gastroesophageal reflux by using endoscopy, their eating habits before and after GERD symptoms, and their anthropometric measurements. In order to identify the general characteristics, eating habits, food consumption status, and some anthropometric measurements of individuals comprising 150 newly diagnosed GER outpatients were selected by using the random sampling method. When the eating habits of individuals were examined according to their status before and after experiencing GERD symptoms, significant changes were detected in their number of meals, meal skipping status, eating speed, and food temperatures ( $p < 0.05$ ). After experiencing GERD symptoms, individuals reduced their consumption of carbonated beverages, coffee, artificial juice, spices, chocolate, deep-fried food, onions, tomatoes, and citrus fruits, which are refluxogenic foods. The study showed that changes in eating habits are effective in decreasing the prevalence and severity of GERD symptoms.