

## PRINCIPLES OF NUTRITIONAL CARE FOR GASTRITIS AND/OR ULCER

- Chew foods thoroughly
- Eat small meals at regular intervals
- Eat meals in a relaxed atmosphere
- Avoid foods or drinks that cause discomfort
- Avoid excess liquids with meal
- Avoid or limit the following:
 

Coffee	Alcohol
Aspirin	Stress
Gas forming foods	Cigarettes
Highly seasoned foods	Carbonated drinks - Soda

### GAS FORMING FOODS

Broccoli	Turnip	Chili Sauce
Cabbage	Sweet Potato	Coarse Foods
Cauliflower	Raw Fruits/Vegetables	Alcohol
Cucumber	Dried Peas & Beans	Carbonated Drinks
Onion	Fried Foods	Milk
Garlic	Highly Seasoned Foods	Cheese
Green Peppers		