

## 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

Aspirin

Gas forming foods

Highly seasoned foods

Alcohol

Stress

Cigarettes

Carbonated drinks - Soda

### GAS FORMING FOODS

Broccoli

Cabbage

Cauliflower

Cucumber

Onion

Garlic

Green Peppers

Turnip

Sweet Potato

Raw Fruits/Vegetables

Dried Peas & Beans

Fried Foods

Highly Seasoned Foods

Chili Sauce

Coarse Foods

Alcohol

Carbonated Drinks

Milk

Cheese

