

# Avoiding Gastric Stimulants Diet Changes for Ulcer Disease

It was once thought that stress and food were the causes of ulcers. Now we know most ulcers are likely caused by a bacterial infection. You may feel better though when you follow a diet that reduces the production of acid in your stomach. Following this diet may make you feel better and help your ulcer(s) heal more quickly.

## Guidelines:

- Avoid alcoholic beverages.
- Avoid caffeine-containing beverages such as coffee, tea, cocoa and colas. Read the ingredient list of the food item to see if it contains caffeine if you are unsure.
- Do not drink large amounts of milk. This can cause an eventual increase in stomach acid secretion. Drink no more than 2 to 3 cups of milk per day and ask your doctor or dietitian about taking a calcium supplement.
- Although spices and condiments have not been shown to interfere with the healing of ulcers, they often cause "heartburn." You may want to avoid large amounts of black pepper, chili powder, red pepper, onions and garlic if they cause your stomach discomfort.
- Some people find their symptoms improve when they eat smaller, more frequent meals.
- Most importantly, remember that you are the best judge of what foods you can and cannot tolerate.

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	<b>Foods to Consume</b>	<b>Foods to Avoid</b>
<b>Grains</b>	All. Choose 100% whole grains when possible.	
<b>Vegetables</b>	All. Eat a variety of vegetables, including green and orange ones.	
<b>Fruits</b>	All. Eat a variety of fruits.	
<b>Milk and Milk Products</b>	Skim, 1% or soy milk, buttermilk, low-fat or nonfat yogurt, low-fat or nonfat cottage cheese, low-fat cheese	Whole milk, cream, dairy foods made from whole milk or cream, chocolate milk
<b>Meat and Beans</b>	Lean cuts of meat, poultry and fish, dry beans, soy, tofu	High-fat meats or any type that cause you to have abdominal pain
<b>Beverages</b>	Caffeine-free beverages (decaffeinated coffee and tea are <u>not</u> recommended), herbal teas	Alcohol, cola, coffee, green or black tea, cocoa, all caffeinated beverages
<b>Fats and Oils</b>	Heart-healthy vegetable oils such as olive or canola oil	Butter, lard, stick margarine, hydrogenated oil (check food labels)
<b>Spices</b>		Any that cause you to have abdominal pain

<b>Sample 1-Day Menu</b>	
<b>Breakfast</b>	2 cups whole grain cereal 1 cup skim milk 1 banana 1 cup herbal tea
<b>Snack</b>	6 whole grain crackers 1 ounce reduced-fat cheese
<b>Lunch</b>	2 ounces turkey with spinach and mustard in a tortilla wrap 1 pear Caffeine-free raspberry tea
<b>Snack</b>	1 to 2 tablespoons peanut butter 1 apple
<b>Evening meal</b>	4 to 6 ounces baked salmon Small baked potato or 1 cup brown rice 1 cup steamed green beans, carrots & snow peas 1 whole wheat roll 1 teaspoon soft margarine