

## DIET FOR GASTRITIS, REFLUX AND PEPTIC ULCER DISEASE

**The following are some foods that you may need to limit or avoid:**

- **Beverages:**

- Hot cocoa and cola
- Chocolate milk
- Peppermint and spearmint tea
- Regular and decaf coffee
- Drinks that contain alcohol
- Orange and grapefruit juices

- **Spices and seasonings:**

- Black and red pepper
- Garlic powder
- Chili powder



- **Other foods:**

- Spicy or strongly flavored cheeses, such as jalapeno or black pepper
- Highly seasoned, high-fat meats, such as sausage, salami, bacon, ham, and cold cuts
- Hot chiles and peppers
- Onions and garlic
- Tomato products, such as tomato paste, tomato sauce, or tomato juice

- **Medications:**

- Anti-inflammatory s.a Aspirin, brufen, voltaren

- **Foods you can eat:**

- Vegetables
- Whole grains
- Fat-free or low-fat dairy foods
- Whole grains include whole-wheat breads
- Cereals, pasta, and brown rice

