

## Dyspepsia Diet

### Purpose:

A diet that avoids stomach irritants is for those patients who suffer from symptoms of peptic ulcer disease or non-ulcer dyspepsia. In peptic ulcer disease, the patient has one or more ulcers in the stomach or duodenum (the first part of the intestine beyond the stomach). Non-ulcer dyspepsia refers to these same symptoms but without the presence of an ulcer.

These symptoms, which include discomfort or burning in the upper abdomen, often occur an hour or so after eating and may be relieved by milk, food, or antacids. In the past, diet was considered very important in treating ulcers. Now physicians know that foods do not actually cause an ulcer. There are a few foods, however, that can aggravate ulcer symptoms or delay healing

#### **Special Considerations**

1. Items most frequently associated with gastric discomfort include the following: black pepper, red or hot pepper, chili powder, caffeine, regular and decaffeinated coffee or tea, alcohol, cocoa, chocolate, cola beverages, citrus fruits and juices, fatty and fried foods, tomato products, and peppermint. Additional adjustments may be made according to individual tolerances.
2. Chew food thoroughly.
3. Eat in a leisurely manner in a calm, relaxed atmosphere. Chew and swallow food slowly.
4. Reduce or stop cigarette smoking. Smoking delays ulcer healing.
5. Do not eat within two hours of bedtime.
6. Omit any particular food that causes discomfort.
7. If there is an ulcer, do not use aspirin, aspirin-containing combination medicines, or certain arthritis medications (non-steroidal anti-inflammatory drugs or NSAIDS). ibuprofen (Motrin), Advil, and Aleve are NSAIDS. These can cause ulcers and delay or prevent ulcer healing.
8. Use antacids as needed. Keep in mind that magnesium-containing antacids can cause diarrhea.

Sample Menu		
Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>▪ apple juice 1/2 cup</li> <li>▪ oatmeal 1/2 cup</li> <li>▪ toast 1 slice</li> <li>▪ skim milk 1 cup</li> <li>▪ margarine 1 tsp</li> <li>▪ sugar 1 tsp</li> <li>▪ jelly 1 tsp</li> <li>▪ salt 1/4 tsp</li> </ul>	<ul style="list-style-type: none"> <li>▪ cream of potato soup 3/4 cup</li> <li>▪ broiled chicken patty 3 oz</li> <li>▪ bun</li> <li>▪ tossed salad</li> <li>▪ low-fat dressing</li> <li>▪ mustard 1 tsp</li> <li>▪ peaches 1/2 cup</li> <li>▪ skim milk 1 cup</li> <li>▪ salt 1/4 tsp</li> </ul>	<ul style="list-style-type: none"> <li>▪ apricot nectar 1/2 cup</li> <li>▪ baked fish 3 oz</li> <li>▪ mashed potatoes</li> <li>▪ 1/2 cup</li> <li>▪ green beans 1/2 cup</li> <li>▪ bread 1 slice</li> <li>▪ vanilla pudding</li> <li>▪ 1/2 cup</li> <li>▪ margarine 1 tsp</li> <li>▪ salt 1/4 tsp</li> </ul>

This Sample Diet Provides the Following			
Calories	1934	Fat	70 gm
Protein	84 gm	Sodium	3762 mg
Carbohydrates	249 gm	Potassium	2968 mg