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Peptic Ulcer Disease and Non Ulcer 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 and duodenum (the first part of the intestine beyond the stomach). Non-ulcer dyspepsia refers to the 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 there are few foods that actually cause an ulcer. There are also only a few foods that aggravate ulcer symptoms or delay healing.

Nutrition Facts

Depending on individual food selection, this diet meets the National Research Council's Recommended Dietary Allowances (RDA).

Special Considerations

- 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. These should be eliminated from the diet unless specifically allowed by the physician and/or dietician. Additional adjustments may be made according to individual tolerances.
- Chew food thoroughly.
- Eat in a leisurely manner in a calm, relaxed atmosphere. Chew and swallow food slowly.
- Reduce or stop cigarette smoking. Smoking delays ulcer healing.
- Do not eat within two hours of bedtime.
- Omit any particular food that causes discomfort.
- 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, Advil, and Aleve are NSAIDS and can cause ulcers and delay or prevent ulcer healing.
- Use antacids as needed. Keep in mind that magnesium containing antacids can cause diarrhea.