

## Bland Diet Peptic Ulcer

The diet for peptic ulcers should be well-balanced while eliminating foods that cause you repeated distress. Foods that are more irritating to the stomach are often avoided for peptic ulcers.

Individuals currently experiencing ulcers should be encouraged to avoid foods that exacerbate symptoms and follow these basic guidelines:

1. Avoid cigarette smoking, aspirin, and other non-steroidal anti-inflammatory agents.
2. Avoid or limit alcohol.
3. Omit any particular foods that cause discomfort.
4. Eat a well-balanced diet that includes a variety of foods.

Previously the following foods were thought to increase symptoms, recent research shows most people can include them in their diet, but pay particular attention and avoid if symptoms worsen with consumption.

5. Drinks containing caffeine (coffee, tea, decaf coffee & decaf tea, cola type soda) , black & red pepper, and chili powder.

| Food Classification            | Suggested Daily Servings                     | Recommended choices  | Limit or Avoid if they make you feel worse |
|--------------------------------|--|--|--|
| Milk And milk products         | 2-3  | Milk (fresh, dried or evaporated), cream, yogurt, cheese and cottage cheese.   |  |
| Meats and protein alternatives | 2 servings (2-3 oz portions)                 | Fresh or frozen meat, poultry and fish, canned meats (tuna and salmon), eggs, nuts, seeds, dry beans or peas. Most meat & poultry choices should be lean or very lean.   |  |
| Vegetables                     | 1-4 cups (4-6 servings)                      | Fresh, canned or frozen vegetables served in any form. 100% vegetable juices.  |  |
| Fruits                         | 1-2 ½ cups (2-5 servings)                    | Fresh, frozen or canned fruits and 100% juices of all kinds.   |  |
| Grains and grain products      | 6-8  | Use whole-grain or enriched breads, pasta, oatmeal, breakfast cereals, tortillas, grits, white, brown or wild rice, popcorn, cornbread, crackers, pretzels, buns, rolls, English muffins. It is recommended to use at least 3 servings of whole-grain cereals daily. |  |
| Nuts, seeds, and beans         | 4-5 a week                                   | All varieties of nuts, seeds and beans.  |  |
| Fats and Oils                  | Use sparingly not generously 2-3 times a day | Margarine, butter, mayonnaise, butter, salad dressing, gravies, cream sauces, sour cream, bacon. Make most of your fats sources from fish, nuts & vegetable oils (Olive & canola esp.)   |  |
| Sweets                         | 1 or <1 per day                              | All sweets and desserts in limited portions and amounts.   |  |
| Fluids                         | 6-8 cups                                     | Water and other fluids, such as fruit juice, vegetable juice, lemonade, or soups.  | Alcohol & Caffeine containing              |
| Seasonings/ Condiments/ Sauces | As desired                                   | Encourage limited quantities of all that are high in salt for normal healthy diet.   | Limit red & black pepper, and chili powder |

**Sources: 12<sup>th</sup> Edition Simplified Diet Manual, and Handouts from American Dietetic Association.**