

Peptic Ulcer and Non-Ulcer Dyspepsia Diet

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Peptic ulcer disease is a condition whereby one or more ulcers are present in the stomach or duodenum compared to non-ulcer dyspepsia which has the same symptoms but no ulcer. Individuals with either of these conditions suffer from upper abdominal pain and burning after eating, making it a not so pleasurable experience. There are certain foods that should be avoided because they actually irritate the stomach and make symptoms worse.

Gastric Irritants to AVOID

Black pepper	Red pepper
Chili powder	Caffeine
Coffee, regular or decaf	Tea
Cocoa/Chocolate	Cola
Tomatoes	Tomato juice
Citrus juices (grapefruit, orange)	Peppermint
Fatty foods (fried meats, deli meats, potato chips)	Alcohol
Acidic foods and “gas formers” like cabbage and onions.	

Key Points

It is a good idea to keep a food log or journal to keep track of foods that cause you the most problems.

Smaller and more frequent meals should be consumed versus larger and less frequent ones. Larger meals result in over-expanding of the stomach and more gastric acid production. An example meal plan would be 6 small meals or a smaller breakfast, lunch, and dinner with three snacks in between.

Reflux of gastric acid into the esophagus following eating can be reduced by antacids. Follow your physician’s recommendation for the best type of antacid to use.

Below are several guidelines to follow based on different food groups

FOOD CATEGORY	FOODS TO INCLUDE	FOODS THAT MAY CAUSE DISTRESS
Beverages	-Fruit drinks -Caffeine-free tonics and carbonated beverages, if tolerated -Postum	-Coffee (regular or decaf) -Tea -Alcohol -Cocoa -Other caffeine-containing beverages
Meat, Fish, Eggs, Poultry	-All lean, tender meats -Skinless poultry	-Fried meats -Heavily seasoned, cured or

	<ul style="list-style-type: none"> -Fish -Shellfish (baked/broiled) -Eggs -Soybeans (including tofu) -Small amounts of mild cheeses 	<ul style="list-style-type: none"> smoked meats (corned beef, luncheon meats, hotdogs, sausage, ham) -Sardines -Anchovies -Strong flavored cheeses
Dairy	<ul style="list-style-type: none"> -Low-fat and skim milk -Low-fat/skim milk products 	<ul style="list-style-type: none"> -Whole milk or whole milk products
Breads, Cereals, Potatoes, Rice, and Pasta	<ul style="list-style-type: none"> -Enriched bread and cereals -Whole grain crackers -Saltines -Graham Crackers -Potatoes -White or brown rice -Barley -Noodles -Spaghetti and other pastas 	<ul style="list-style-type: none"> -Very coarse cereals such as bran -Seeds in or on breads, rolls, or crackers -Bread products made with dried fruit -Fatty or fried pastries such as doughnuts and Danishes -Potato chips -Homefries/French fries -Fried and wild rice -Refried beans
Vegetables	<ul style="list-style-type: none"> -All vegetable juices except tomato -Cooked vegetables, as tolerated -Salads made from foods not in the right column 	<ul style="list-style-type: none"> -Raw vegetables -Dried peas or beans -Gas-forming vegetables such as broccoli, Brussels sprouts, cabbage, garlic, onions, cauliflower, cucumber, green pepper, rutabagas, turnips, sauerkraut
Fruit	<ul style="list-style-type: none"> -Apple juice and others that are tolerated, except orange juice -Cooked/canned fruit -Banana and apples -Grapefruit and orange sections without membranes, if tolerated 	<ul style="list-style-type: none"> -Orange juice -Berries -Figs -Dried fruits
Fats	<ul style="list-style-type: none"> -<u>Limited amounts</u> of butter, Margarine, and mayonnaise -Diet/low-fat salad dressings -Other fats as tolerated 	<ul style="list-style-type: none"> -High fat salad dressings -Toppings/dressings containing sour cream, cream cheese, cream, mayonnaise -Tomato-based and spicy salad dressings
Spices and Condiments	<ul style="list-style-type: none"> -Flavorings 	<ul style="list-style-type: none"> -Strongly flavored

	-Mildly flavored gravies and sauces -Mild herbs and spices	seasonings and condiments such as ketchup, pepper, barbeque sauce, chili sauce, chili pepper, garlic, horseradish, mustard, onion, vinegar, olives, pickles, popcorn, nuts, and coconut
Other	-Mildly seasoned meat stock and low-fat soups	-All other soups