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Peptic Ulcer Disease and Non Ulcer Dyspepsia Diet

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

- Use antacids as needed. Keep in mind that magnesium containing antacids can cause diarrhea.
- Items most frequently associated with gastric discomfort include the following:
 - black pepper -red or hot pepper -tomato products -chili powder
 - caffeine -cocoa -regular and decaffeinated coffee or tea -chocolate
 - cola beverages -peppermint -fatty and fried foods -citrus fruits and juices
- 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.
- Chew food thoroughly.
- Omit any particular food that causes discomfort.
- Eat in leisurely manner in a calm, relaxed atmosphere. Chew and swallow food slowly.
- Do not eat within two hours of bedtime.
- Reduce or stop cigarette smoking. Smoking delays ulcer healing.