



## **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.