

Peptic Ulcer Disease Diet

Patients with peptic ulcer disease should try and avoid or limit foods and medications that are felt to cause gastric irritation and excessive gastric acid secretion.

The diet recommendations listed below may help decrease stomach acid and reflux:

- Eat three small meals and three snacks evenly spaced throughout the day.
- Avoid long periods of fasting or overeating.
- Eat slowly and chew food well.
- Be relaxed at mealtime
- Sit up while eating and for 1 hour afterward
- Avoid eating within 3 hours before bedtime. Bedtime snacks can cause gastric acid secretion during the night.
- Eat low fat foods
- Limit caffeinated foods and beverages, citrus and tomato products, and chocolate.
- Include a good source of protein (milk, meat, egg, cheese, etc) at each meal and snack
- Antacids should be taken in the prescribed dose, 30 to 60 minutes before or 3 hours after meals.
- Milk and cream feedings should not be used as antacid therapy.
- Although milk protein has an initial neutralizing effect on gastric acid, it is also a very potent stimulator.