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Dietary Recommendations for Peptic Ulcer Disease

Peptic ulcers are those that can form in the lining of the esophagus, stomach or duodenum. Formerly it was believed that excess stomach acid production was the only cause, but we now know that there are several other causes: Helicobacter Pylori infection and the use of anti-inflammatory medications. H. Pylori is a bacteria that is found in the stomach which can predispose the patient to ulcer formation. Anti-inflammatory medications (such as Advil, Alleve, Aspirin) can damage the lining of the stomach and intestine, thereby inhibiting the protective mechanisms of the GI tract. Still other factors involved in ulcer formation include stress, alcohol use and smoking.

Things to do if you have Peptic Ulcer Disease include:

- Chew your food and eat slowly. Be mindful not to swallow air while you eat.
- Avoid smoking
- Minimize alcohol
- Avoid spicy foods
- Avoid acidic foods- i.e. lemons, oranges, tomatoes
- Avoid chocolate
- Avoid eating immediately before sleeping
- Minimize use of anti-inflammatory medications (i.e. Advil, Alleve)
- **Keep a Food Diary**- keep track of which foods irritate you the most and try to eliminate them from your diet

These dietary recommendations are specifically meant for the condition which it treats.