

# Nutrition for Patients with Gastritis

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## What is gastritis?

**Gastritis** is inflammation of the stomach lining. Many people with gastritis do not have symptoms. However, you may experience symptoms of indigestion such as stomach pain, nausea, vomiting, feeling bloated during or after a meal, and loss of appetite. Damage to your stomach lining may also affect your body's ability to digest and absorb nutrients.

## Nutrition recommendations

If you do not have any symptoms, you might not need to make changes to your diet (what you eat and drink). If you do have symptoms, making changes to your eating and drinking habits may help improve your symptoms.

### Try limiting the following foods and drinks:

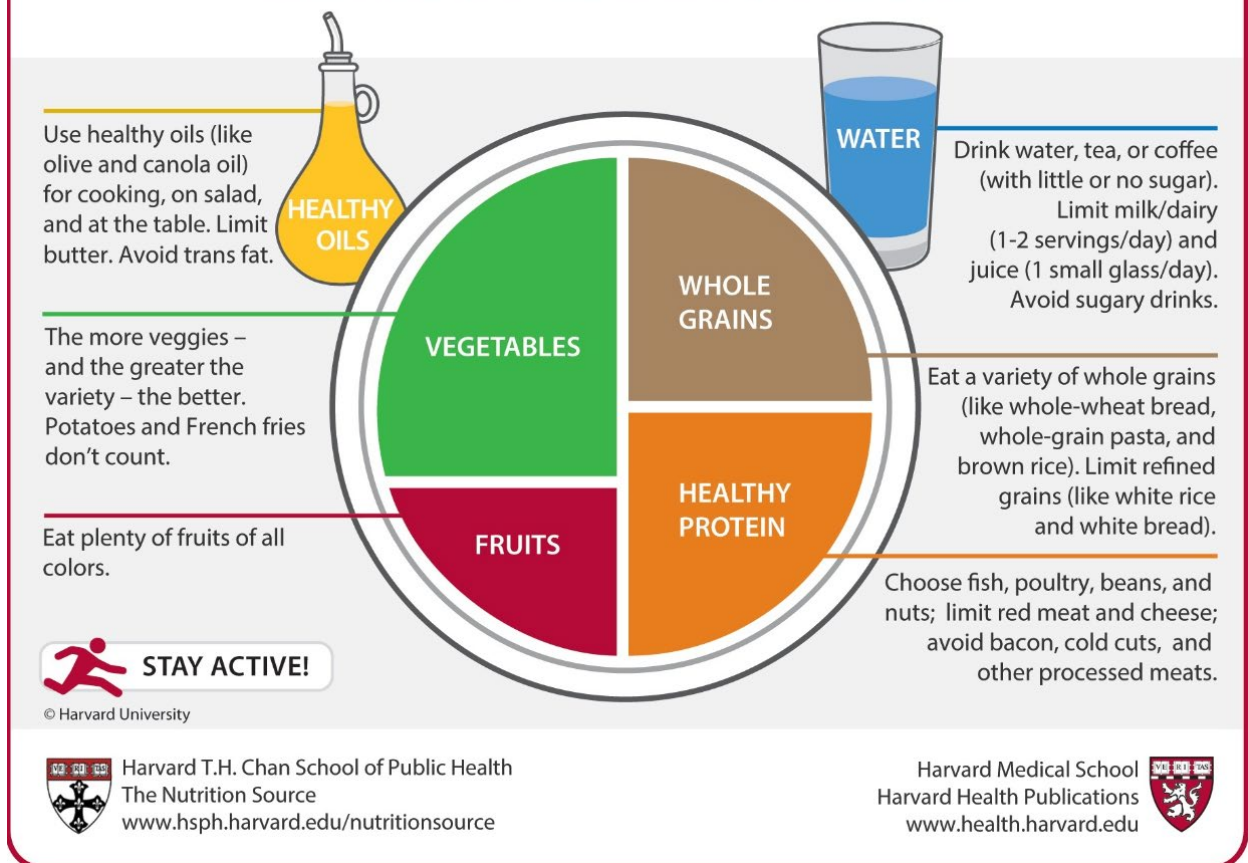
- Alcohol
- Coffee
- Carbonated (bubbly or fizzy) drinks
- Spicy foods
- Acidic foods (such as citrus fruits)
- Fried or high-fat foods (such as hamburgers, french fries, bacon, sausage, and salami)

### Follow these tips to help with your digestion and make sure you get enough nutrients each day:

- Eat small meals and snacks throughout the day.

- If possible, wait 3 hours after eating meals and snacks before eating again.
- After you eat, avoid lying down for 3 hours.
- Try not to eat many **ultra-processed foods** (foods that are changed from their natural forms and made through industrial processing). These foods have many added ingredients and high levels of sugars, salt, and saturated fat. Examples include fast food (burgers, fries, pizza), candy, cookies, pastries, cakes, cake mixes, chicken nuggets, fish sticks, breakfast cereal, and cereal bars.
- Focus on cooking and eating more homemade meals, with minimally processed and whole foods such as fruits, vegetables, whole grains, nuts and seeds, nut and seed butters, beans, lentils, olive oil, herbs and spices, eggs, poultry and small amounts of meat.
- Talk to your doctor or a registered dietitian about taking a multivitamin or other nutrition supplements.
- Include protein, carbohydrates, and healthy fats with each meal. You can do this by including 3 or more food groups with your meal. See the image on the next page for an example of how to set up a balanced meal with different food groups.

# HEALTHY EATING PLATE



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## Get your nutrient levels checked for nutrient deficiency:

Inflammation and damage to the stomach lining may affect your body's ability to absorb certain vitamins and minerals. This could cause a **nutrient deficiency**, where your body doesn't get enough of a particular type of vitamin or mineral. Getting your nutrient levels tested will help you figure out if you have nutrient deficiencies. Some nutrients to test for include:

- **Iron:** Iron is an important mineral that helps keep your blood and other parts of your body healthy. Your stomach acid helps you absorb iron from the food you eat. Damage to your stomach lining may cause you to have less stomach acid, which can then cause you to absorb less iron. Taking medications such as proton pump inhibitors (PPIs) or antacids may also affect your ability to absorb iron.

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- **Vitamin B12:** Vitamin B12 helps the body make red blood cells and DNA. People with **autoimmune gastritis** (a condition where your immune system attacks the cells of your stomach lining) may not be able to absorb enough vitamin B12 from their food.

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