

Dr. David Tenenbaum
Sensitive Stomach Diet
(718) 396-2005
www.queensgidocs.com

DIET: Reduce all foods that irritate your stomach after eating, even if they are healthy. Smaller home cooked meals, eat on time and don't overeat.

LIFESTYLE: Regular physical activity, losing weight, avoid loose fitting clothing, eat two hours before bedtime, reduce alcohol intake.

FLUIDS: Water is your go to beverage, coffee/tea is acceptable, one glass of red wine per day (no other form of alcohol).

DONT EAT

RED MEAT, (PORK, COW)... Replace with fish and skinless chicken/turkey

FRIED FOODS

ALCOHOL (red wine is acceptable)

SODAS/CARBONATED DRINKS (water, water, water, water, water)

WHOLE MILK (replace with skim milk or fat free milk)

GREEN VEGETABLES (BRUSSELS SPROUTS, GUACAMOLE, SPINACH, GREEN PEPPERS, ASPARAGUS, CUCUMBERS, GREEN LETTUCE... etc)

BEANS AND NUTS