

GASTRITIS: LIFESTYLE, MEDICATIONS, DIET & SUPPLEMENTS

LIFESTYLE: REGULAR PHYSICAL ACTIVITY, LOSING WEIGHT, AVOID LOOSE FITTING CLOTHING, SLEEP WITH HEAD OF BED ELEVATED, EATING TWO HOURS BEFORE BEDTIME, QUIT SMOKING, REDUCE ALCOHOL INTAKE

DIET: REDUCING FOODS AND BEVERAGES THAT IRRITATE YOUR STOMACH LINING CAN MAKE YOUR SYMPTOMS BETTER. EAT SMALLER MEALS AND ON TIME. EVERYTHING IN MODERATION. DON'T OVEREAT.

FLUIDS: WATER IS YOUR GO TO BEVERAGE, NON-CARBONATED DRINKS, CAFFEINE-FREE DRINKS, AVOID FRUIT CITRIC JUICES

DON'T EAT: RED MEAT, FRIED FOODS, HIGHLY PROCESSED FOODS.

SUPPLEMENTS: KNOWN TO REDUCE STOMACH WALL INFLAMMATION IMPROVING SYMPTOMS

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WHAT TO EAT ON A GASTRITIS DIET?

HIGH FIBER FOODS: WHOLE GRAINS (PASTA/BREAD), NONE ACIDIC FRUITS, VEGETABLES (EXCEPT ONIONS), BEANS

LOW FAT FOODS: FISH (NOT FRIED), VEGETABLES, SKINLESS POULTRY (NOT FRIED), EGG, EGG WHITE (NOT FRIED OR HARD BOILED)

LOW ACID VEGETABLES: CUCUMBER, CARROTS, WHITE POTATO

LOW ACID FRUITS: BLUEBERRIES, STRAWBERRIES, APPLES, PUMPKIN

WHAT TO AVOID ON A GASTRITIS DIET?

ACIDIC FOODS (CITRUS), ONIONS, FATTY/GREASY FOODS, GARLIC

ALCOHOL, CHOCOLATE, COFFEE/TEA, SODA, CARBONATED DRINKS

DAIRY PRODUCTS, ICE CREAM, CAKES, PASTRIES (ESPECIALLY WITH FILLINGS/PUDDING WITH RICH HEAVY CREAMS)

MARINADES, SALSA, MAYONNAISE, CREAMY SAUCES

POTATO CHIPS, PACKED SNACKS

PROCESSED MEATS, (SAUSAGE, HOT DOGS) RED MEAT, PORK, DUCK

LIMIT SPICES, HERBS, SEASONINGS (ESPECIALLY BLACK PEPPER)

TOMATO AND TOMATO PRODUCTS (JUICE, PASTA, SAUCE)

SUPPLEMENTS: CAN BE FOUND BY FOLLOWING DIRECTIONS OR LEAVING US YOUR EMAIL WITH FRONT DESK OR AT QUEENSGIDOCES@GMAIL.COM

- 1) Visit QueensGIdocs.com
- 2) Click on Shop at the top left of the menu bar
- 3) Enter (click) Fullscripts
- 4) Click on catalog on upper left hand
- 5) Enter David Tenenbaum's Dispensary favorites
- 6) Click on GASTRITIS and order supplements