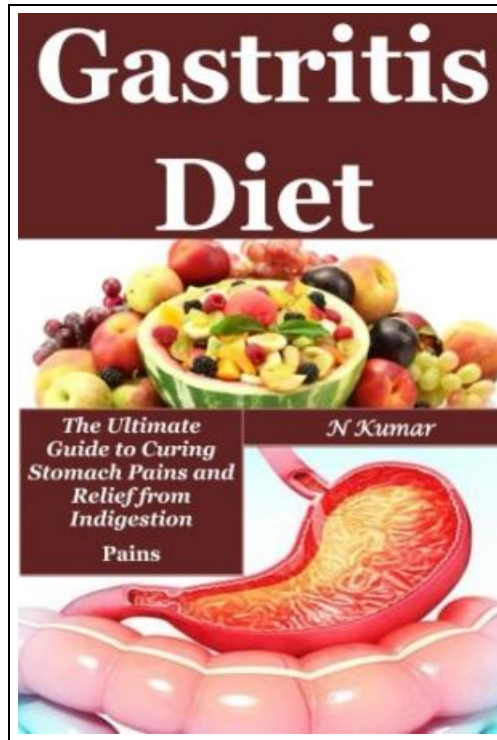


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The publication is great and fantastic. It really is simplistic but surprises within the 50 % from the publication. Your daily life span will be change when you comprehensive reading this article book.
(Althea Aufderhar)

GASTRITIS DIET: A SOLID OTHER OPTION TO CURING STOMACH PAINS (PAPERBACK)



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WHAT YOU NEED TO KNOW: What is a diet for ulcers and gastritis? A diet for ulcers and gastritis is an eating plan that limits or does not include foods that irritate your stomach. Your stomach can be irritated by foods that increase stomach acid. You will need to limit or avoid drinks and foods that cause your symptoms, such as stomach pain, heartburn, or indigestion. Which foods should I limit or avoid? Not all foods affect everyone the same way. You will need to learn which foods cause your symptoms. Seasonings, such as pepper, increase stomach acid and may irritate your stomach. Foods that contain chocolate, are spicy, or are high in fat may also irritate your stomach. Drinks that contain alcohol or caffeine may also cause symptoms. The following are some foods that you may need to limit or avoid: Beverages: Hot cocoa and cola Whole milk and chocolate milk Peppermint and spearmint tea Regular and decaf coffee Green and black tea, with or without caffeine Drinks that contain alcohol Orange and grapefruit juices Spices and seasonings: Black and red pepper Garlic powder Chili powder Other foods: Dairy foods made from whole milk or cream Spicy or strongly flavored cheeses, such as jalapeno or black pepper Highly seasoned, high-fat meats, such as sausage, salami, bacon, ham, and cold cuts Hot chiles and peppers Onions and garlic Tomato products, such as tomato paste, tomato sauce, or tomato juice Which foods can I eat and drink? Eat a variety of healthy foods from all the food groups. Eat fruits, vegetables, whole grains, and fat-free or low-fat dairy foods. Whole grains include whole-wheat breads, cereals, pasta, and brown rice. Choose lean meats,...



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