

## Eating Guidelines for Peptic Ulcers

### Eating and Peptic Ulcer Disease

This resource will help you to:

- choose foods to help your stomach or intestinal ulcer heal
- avoid foods that may be irritating or cause you to make more stomach acid



### Steps You Can Take

The following are steps you can take for managing ulcer disease:

- Follow "Eating Well with Canada's Food Guide" [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) so that you eat a varied, nutritious, well-balanced diet. Good nutrition is important for ulcers to heal.
- Include a wide variety of whole grains, vegetables and fruits, meats and meat alternatives (like dried beans, peas, and lentils), and milk and milk alternatives.
- A diet high in soluble or viscous fibre may help to prevent ulcers from coming back. Try to eat sources of soluble or viscous fibre more often. Lentils and dried beans, oatmeal and oat bran, barley, peanut butter, nuts, vegetables and fruit are good sources of soluble fibre.
- Eat your meals slowly, in a relaxed atmosphere.
- There is no research to show whether caffeine has any effect on ulcers. However, some people find that caffeine increases ulcer pain. If caffeine bothers you, try reducing it. For information about caffeine in foods visit Health Canada's fact sheet "Caffeine and Your Health" at [www.hc-sc.gc.ca/fn-an/securit/facts-faits/caffeine-eng.php](http://www.hc-sc.gc.ca/fn-an/securit/facts-faits/caffeine-eng.php).
- There is no research to show that spicy foods or citrus juice or fruits have any effect on ulcers. However, some people find that they cause discomfort. If these foods bother you, try reducing them. If this doesn't make any difference to your symptoms you can continue to eat these foods.

---

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

- Alcohol increases stomach acid, causing pain and more damage to the lining of your stomach. It may also interfere with ulcer treatment. If you are not sure if you should drink alcohol, talk with your doctor.
- If you choose to drink alcohol, do so in moderation. Moderation means: no more than 2 drinks per day; no more than 9 drinks per week for women; and no more than 14 drinks per week for men. 1 drink is equal to:
  - 45 mL (1.5 oz) liquor (40% alcohol),
  - 150 mL (5 oz) wine,
  - 360 mL (12 oz) beer, or
  - 90 mL (3 oz) sherry or port
- Try to stop smoking or smoke less.
- Discuss the use of any medications containing caffeine, salicylates (aspirin), and non-steroidal anti-inflammatory drugs (NSAIDs) with your doctor. Read all medication labels carefully.
- People with peptic ulcers can usually tolerate a wide variety of foods and eat a well-balanced diet. If you are avoiding many foods because they cause you pain or discomfort, speak with a Registered Dietitian, who can help you to make sure your nutrition needs are met.



## Notes

---

---

---

**Distributed by:**

© 2009 Dietitians of Canada and Dial-A-Dietitian. All rights reserved.  
May be reproduced in its entirety provided source is acknowledged.

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian.  
It is intended for educational and informational purposes only.