

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____



Peptic Ulcer Nutrition Therapy

- Eat mostly fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Eat lean meats, poultry (such as chicken and turkey), fish, beans, eggs, and nuts.
- Choose fats that are better for your health such as olive oil and canola oil.
- Eat fewer foods that have added salt.
- Eat fewer foods that have added sugar

Recommended Foods

Note: The chart shows general recommendations for healthy eating. If you have pain after eating particular foods, avoid those foods (even if they are listed on the chart).

| Food Group | Recommended Foods |
|---------------------|---|
| Dairy | Buttermilk Evaporated skim milk Skim or 1% low-fat milk Soy milk Nonfat or low-fat yogurt Powdered milk Nonfat or low-fat cheeses Low-fat ice cream Sherbet |
| Proteins | Tender, well-cooked lean meat, poultry, fish, eggs, or soy prepared without added fat Nuts and nut butter (these are higher in fat) |
| Grains | Any prepared without added fat; choose whole grains for at least half of your grain servings. |
| Vegetables | Any prepared without added fat; eat a variety of vegetables, including green and orange ones. |
| Fruits | Any prepared without added fat; eat a variety of fruits. |
| Fat and oils | Limit to less than 8 teaspoons per day. Choose olive or canola oil and low-fat salad dressings and mayonnaise. |
| Beverages | Caffeine-free soft drinks and herbal teas (except peppermint or spearmint) |
| Other | All condiments except pepper |

Foods Not Recommended

| Food Group | Foods Not Recommended |
|-------------------------------------|---|
| Milk and Milk Products | Whole milk Cream Dairy foods made from whole milk or cream Chocolate milk |
| Meat and Other Protein Foods | High-fat meats Any types that cause you to have symptoms |
| Beverages | Cola Coffee (with or without caffeine) Green or black tea (with or without caffeine) Cocoa All caffeinated beverages Alcoholic beverages |
| Fat and Oils | Butter Lard Stick margarine Hydrogenated oil (check food labels) |
| Spices | Pepper |

Notes:

Sample 1-Day Menu

| | | Calories | Fat (grams) |
|-------------------------|---|-----------------------|-------------------|
| Breakfast | 2 cups whole grain cereal 1 cup skim milk 1 banana 1 cup herbal tea | 382 | 1 g |
| Midmorning Snack | 12 saltine crackers or whole wheat crackers 2 ounces colby cheese | 295 | 17 g |
| Lunch | 3 ounces turkey with spinach and mustard in a tortilla wrap 1 cup of fruit yogurt 1 apple Caffeine-free raspberry tea | 470 | 5 g |
| Snack | Snack-size bag of reduced-fat microwave popcorn 1 pear | 188 | 1.6 g |
| Evening meal | 6 ounces baked tilapia fish 1 cup basmati rice 1 cup steamed green beans, carrots, and snow peas 1 whole wheat roll 3 teaspoons soft margarine 1 cup skim milk | 617 | 16.6 g |
| Daily totals: | | 1,952 calories | 41.2 g fat |

Approximate Nutrition Analysis:

Calories: 1,952; Protein: 117g (24% of calories); Carbohydrate: 282g (57% of calories); Fat: 41g (19% of calories); Cholesterol: 224mg; Sodium: 1,875mg; Fiber: 23g

Notes: