

Diet during Stomach Ulcer

Yamamoto Furusho K. Jesus*

Department of Gastroenterology, National Institute of Medical Science and Nutrition Salvador Zubirán, Mexico

*Corresponding author: Yamamoto Furusho K. Jesus, Department of Gastroenterology, National Institute of Medical Science and Nutrition Salvador Zubirán, Mexico,

E-mail: kazuofurusho@hotmail.com

Citation: Jesus YFK (2021) Diet during Stomach Ulcer. J Gastrointest Dig Syst 11:645.

Received date: March 09, 2021; Accepted date: March 23, 2020; Published date: March 30, 2021

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Introduction

Stomach ulcers are open wounds that create inside the coating of your stomach. As per the American College of Gastroenterology, an association of specialists who have some expertise in the stomach related parcel, there is no particular eating routine an individual with ulcers needs to follow. Food decisions don't cause ulcers or aggravate them. Momentum diet suggestions are currently founded on examination that specific nourishments may have fixings that battle against the microorganisms *Helicobacter pylori*, a primary driver of ulcers.

Causes and risk factors for ulcers

In most of all ulcer cases, the reason for ulcers can be connected to a bacterial contamination known as *Helicobacter pylori* (*H. pylori*) just as the ongoing utilization of over-the-counter non-steroidal calming drugs, for example, headache medicine and ibuprofen.

What to eat if you have a stomach ulcer

Since *H. pylori* microscopic organisms is presently known to be a significant reason for ulcer arrangement, researchers are investigating what food sources may have a part in battling against a contamination. Notwithstanding taking the anti-microbial and corrosive impeding drugs suggested by your primary care physician for your ulcer treatment, eating these nourishments may likewise be useful against the ulcer-causing microorganisms:

- cauliflower
- cabbage
- radishes
- apples
- blueberries
- raspberries
- blackberries
- strawberries
- cherries
- bell peppers
- carrots
- broccoli
- leafy greens, such as kale and spinach
- Probiotic-rich foods, such as yogurt, kefir, miso, sauerkraut, and kombucha.
- olive oil and other plant-based oils
- honey
- garlic
- decaffeinated green tea
- licorice
- turmeric

Why these supplements help

On the off chance that your stomach ulcer is brought about by a *H. pylori* contamination, nourishments that are wealthy in cell reinforcements might be advantageous. They could help secure and initiate your safe framework and help battle the contamination. They may likewise help secure against stomach malignant growth. Food sources like blueberries, cherries, and chime peppers are stuffed with cell reinforcement power. Verdant greens, for example, kale and spinach contain calcium and B nutrients. Broccoli contains sulforaphane, a compound that shows against *H. pylori* action. Some research Trusted Source shows that the unsaturated fats contained in olive oil can likewise help treat Trusted Source a *H. pylori* disease. Aged probiotic nourishments have demonstrated guarantee in clinical studies Trusted Source for ulcer treatment. These food sources, for example, miso, sauerkraut, and kimchi, may forestall reinfection. Turmeric is as of now being concentrated as an expected treatment for ulcers also. Garlic, decaffeinated green tea, and licorice balance the rundown of things you should fuse in your eating regimen.

Foods to reduce during acid reflux and an ulcer

A few people who have an ulcer likewise have heartburn. In certain individuals, certain food sources can loosen up the lower a piece of the throat, known as the lower esophageal sphincter or LES. A casual LES makes it simpler for corrosive to back up into the throat and cause acid reflux, heartburn, and torment.

Foods that may make acid reflux worse include:

- coffee
- chocolate
- spicy food
- alcohol
- acidic foods, such as citrus and tomatoes
- caffeine

Indulging and eating inside a few hours before bed may likewise demolish reflux manifestations.

Treatment options for ulcers

Ulcers brought about by *H. Pylori* will in all likelihoods should be treated with anti-microbial. Exacting adherence to your treatment plan and close development with your primary care physician are the most ideal approaches to ensure your medicines are powerful and your ulcers are recuperating. You will likewise be endorsed a prescription that briefly shields your stomach from making or emitting as much corrosive as it regularly would. This medicine might be a proton siphon inhibitor or H2 blocker.