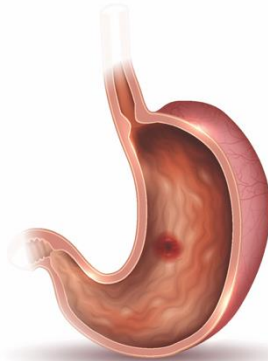




جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Peptic Ulcer



What is a Peptic Ulcer?

Peptic ulcer is a sore in the lining of the stomach or duodenum.

Peptic Ulcer causes?

- Smoking
- Psychological stress
- Genetic factors
- Using anti-inflammatory drugs
- The presence of *H. pylori* bacteria in the stomach

Symptoms of a stomach ulcer?

Nausea

Puking

Weight loss

Stomach pain

How to relief the symptoms of a stomach ulcer?

There is no specific diet to treat peptic Ulcers. However, there are some foods that can help ease the symptoms. Also, lifestyle could have a positive effect is accompanied with a healthy diet.



Lifestyle changes to avoid getting a Peptic Ulcer

Stress

Stress may worsen the symptoms of the ulcer.

Learn to cope with stress with exercise, spending time with friends.

Smoking

Smoking weakens the protective lining of the stomach; it can also increase stomach acid.

Avoid smoking to protect yourself from peptic ulcers.

Sleeping pattern

Sleep can boost your immune system and reduce stress.

Try to get enough sleep through the night is beneficial.

Dietary changes to avoid getting a peptic ulcer

- Avoid fast food and fried food
- Avoid eating 2-4 hours before sleeping
- Avoid food that causes that irritate your stomach
- Decrease your consumption of unsaturated fat and replace it with saturated fat instead.

Unsaturated fat: are known as omega 3 and omega 6 and you can get it from fatty fish, nuts, and seeds.



Dietary changes to avoid getting a peptic ulcer

- chew the food thoroughly
- Eat food that contain vitamin c to speed healing
- Eat high protein foods from animal and plant sources.
- Eat several small meals during the day instead of a one large meal.
- Eat food that contain probiotics like **yogurt**, as they could boost the grow of beneficial bacteria in the intestines.

Recommended foods

Group	Examples
Dairy	Milk – yougurt – cheese (low / free of fat) – evaporated skim milk – powdered milk – ice cream (low fat)
Protein	Meat – chicken (fat free) Nuts and nut butter
Grains	Whole grain
Fruits and Vegetables	All fruits and vegetables
Fats and Oils	Plant oils rather that animal oils (Less than 8 teaspoons)
Beverages	Herbal tea or Beverages that are free of caffeine
Other	Most seasonings except black / hot pepper



Foods that are **not** recommended

Group	Examples
Dairy	Whole milk - Cream Dairy foods made from whole milk or Chocolate milk
Protein	High-fat meats
Fats and Oils	Butter – Lard - Stick margarine Hydrogenated oil (check food labels)
Beverages	Cola - Cocoa Coffee (with or without caffeine) Green or black tea (with or without caffeine) All caffeinated beverages
Other	Pepper



Sources and References:

- Academy of Nutrition and Dietetics, nutrition care manual 2021 - 2022
 - All pictures used are from Canva.com

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Clinical nutrition Department

Health Awareness unit

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