

**Janta Vedic College, Baraut (BAGHPAT)**

**Dairy Science and Technology Department**

**M.Sc. Ag (III) Semester (D.S.T.)**

## **J-3014 TECHNOLOGY OF FUNCTIONAL FOOD**

### **TOPIC–Therapeutic diet for patient suffering from Gastritis**

Gastritis is an inflammation, irritation, or erosion of the lining of the stomach. It can occur acute or chronic).

Gastritis can be caused due to excessive alcohol use, chronic vomiting stress, or the use of certain medications such as aspirin or Helicobacter pylori bacteria and **Bile reflux**.

### **Symptoms of Gastritis**

Symptoms of gastritis vary among individuals However, the most common symptoms include:

- Nausea or recurrent upset stomach
- Abdominal bloating
- Abdominal pain
- Vomiting
- Indigestion
- Burning in the stomach between meals or at night
- Hiccups
- Loss of appetite

- Vomiting blood or coffee ground-like material

## Gastritis Diagnosis

- To diagnose gastritis, your doctor will review your personal and family medical history, perform a thorough physical evaluation, and may recommend any of the following tests: **Upper endoscopy, Blood tests and stool test.**

## Treatment for Gastritis

- Taking antacids
- Avoiding hot and spicy foods
- For gastritis caused by *H. pylori* infection, your doctor will prescribe a regimen of several antibiotics plus an acid blocking drug.
- If the gastritis is caused by pernicious anemia, B12 vitamin shots will be given.
- Eliminating irritating foods from your diet such as lactose from dairy or gluten from wheat.

**Diet for Gastritis** A diet for ulcers and gastritis is a meal plan that limits foods that irritate your stomach. Certain foods may worsen symptoms such as stomach pain, bloating, heartburn, or indigestion.

**foods should avoid** You may need to avoid acidic, spicy, or high-fat foods. Not all foods affect everyone the same way. The following are some foods that may worsen gastritis symptoms:

**Beverages:** Whole chocolate milk, cola

Any beverage with caffeine, Peppermint and spearmint tea

Green and black tea, Orange and grapefruit juices

Drinks that contain alcohol

**Spices**-Black and red pepper, Chili powder

Mustard seed.

**Other foods:**Dairy foods made from whole milk or cream

high-fat meats, Tomato products, such as tomato ,paste, tomato sauce, o  
tomato juice.

**foods 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, poultry  
(chicken and turkey), fish, beans, eggs, and nuts. A healthy meal plan is  
low in unhealthy fats, salt, and added sugar.

Healthy fats include olive oil and canola oil. Ask your dietitian for more  
information about a healthy meal plan.

**other guidelines** Stop eating at least 2 hours before bedtime. **Eat small,  
frequent meals.** Your stomach may tolerate small, frequent meals better  
than large meals.

References-

**Different site of [www.google.net](http://www.google.net)**