

Diet during Stomach Ulcer

Yamamoto Furusho K. Jesus^E

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

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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

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