



# *Ulcer Dietitian's Guide*

*Learn To Eat*  
*With me*

*Dt. Indumathi  
Registered Dietitian*



## **Foods helps to heal ULCER**

**Turmeric water**

**Egg white**

**Broccoli**

**Sweet potato**

**Green tea**

**Flax seeds**

**Barley**

**papaya**

**Curd, Yogurt**

**cooked paneer**

**Unsalted Butter**

**Psyllium husk**

**Soaked Almond**

**cooked Vegetables**

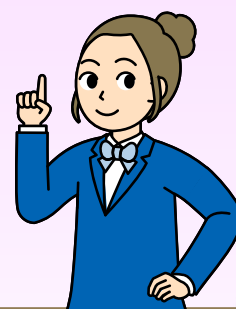
**Apples, Carrots**

**Soft cooked Oats, Rice**

**Soft cooked Legumes**

**well cooked Spinach**

**Pomegranate, Melons**



**DietCloud**

Your Health Matters



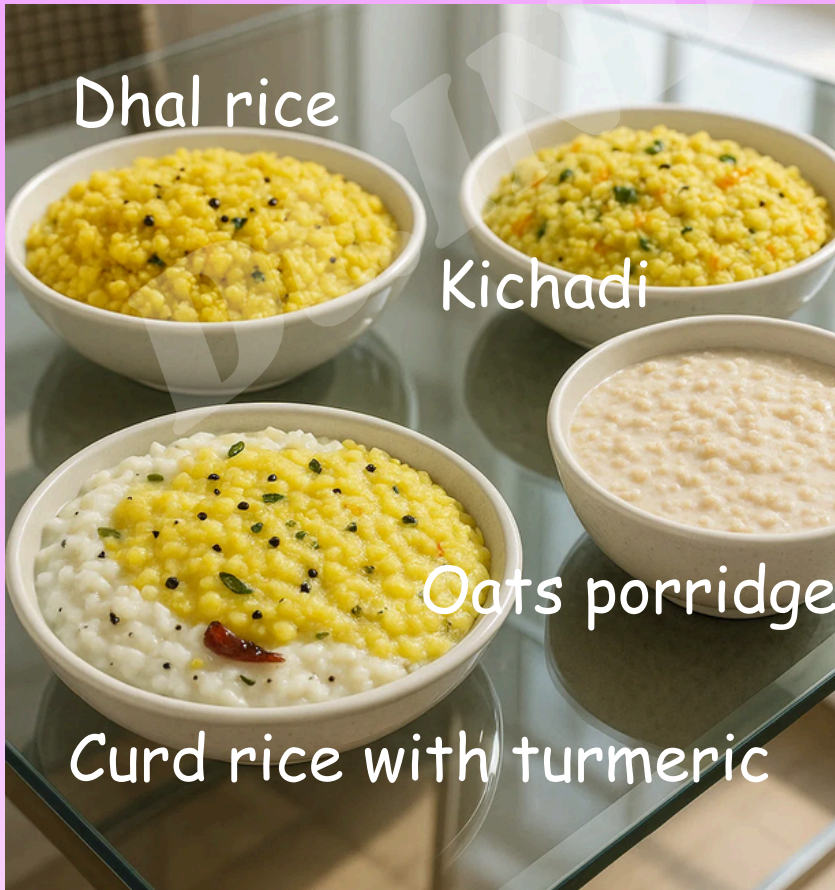
## **Foods Aggravate ULCER**



**Deep fried foods**  
**Salted & spicy foods**  
**Grilled foods**  
**Sauces & ketchups**  
**Chips , pappads, vadaams**  
**Raw Vegetable salads**  
**coffee, caffeine, Tea**  
**Carbonated beverages**  
**Chocolates, Cookies**  
**Refined , processed foods**  
**Meat products**  
**Pickles, Gravies**  
**Cauliflower, Turnip, Raddish**  
**Bakery products**  
**Nutmeg, Mustard**  
**All kind of peppers**  
**Creamy Soups**  
**Soup cubes, Seasoning powders**  
**Onions & Garlic rich Dishes**  
**Beverages, Alcohol**



# Indian Dishes to heal Ulcer



Dhal rice

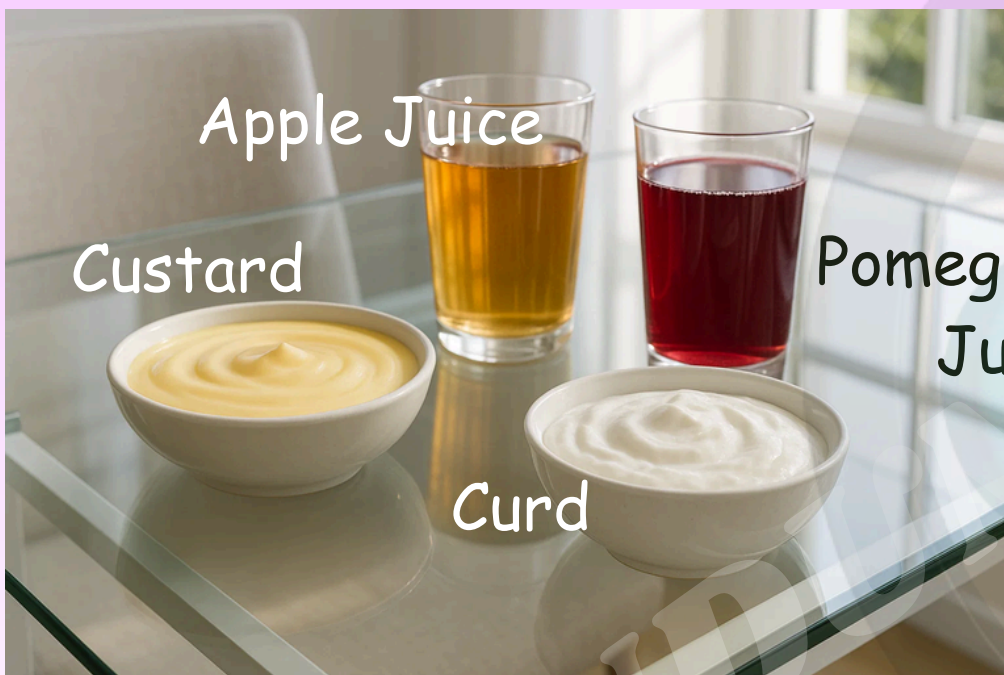
Kichadi

Oats porridge

Curd rice with turmeric

## Key points

- Timely meals
- Small meals
- Simple meals
- Soft Foods
- Bland Foods
- Moist foods



Apple Juice

Custard

Pomegranate  
Juice

Curd



## Healing & Soothing Foods

Turmeric water

Egg white

Broccoli

Sweet potato

Green tea

Flax seeds

Barley

papaya

Curd, Yogurt

cooked panee

Psyllium husk

Soaked Almond

cooked Vegetables

Apples, Carrots

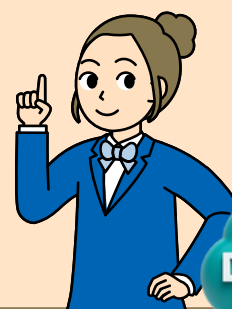
Soft cooked Oats, Rice

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well cooked Spinach

Pomegranate, Melons

Alovera



DietCloud

Your Health Matters





dietcloud

*My Wishes for a  
Healthy Lifestyle....*



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Registered Dietitian***