

Diet for GASTRITIS

7 Days



MONDAY

Time	Menu
08:30 am	Lauki oats chilla (use ghee for cooking) + Coriander chutney
11:00 am	Coconut water with 1 tsp chia seeds
01:00 pm	Soft jowar roti (50 gm flour) + Bhindi ki sabji + Cucumber raita
04:00 pm	5 soaked and peeled almonds + 1 Banana
07:00 pm	Dal khichdi
09:00 pm	½ tsp elaichi powder in a glass of water / Chamomile tea

TUESDAY

Time	Menu
08:30 am	Suji uttapam (add grated carrot) with 1-2 tbsp coconut chutney
11:00 am	Cucumber mint ginger juice with 1 tsp chia seeds
01:00 pm	Soft ragi roti (50 gms flour) + Palak moong ki dal + Plain buttermilk
04:00 pm	2 walnuts + 1 Apple
07:00 pm	Vegetable dalia with ½ tbsp ghee
09:00 pm	½ tsp elaichi powder in a glass of water / Chamomile tea

WEDNESDAY

Time	Menu
08:30 am	Poha with fresh home-set curd
11:00 am	Coconut water with 1 tsp chia seeds
01:00 pm	Steamed rice + Any dal (no tomato) + Lauki ki sabji
04:00 pm	2 walnuts + 1 bowl papaya
07:00 pm	Ragi chilla (use ghee) with coriander chutney
09:00 pm	½ tsp elaichi powder in a glass of water / Chamomile tea

THURSDAY

Time	Menu
08:30 am	Oats/suji upma
11:00 am	Plain Buttermilk + 1 tbsp roasted pumpkin seeds
01:00 pm	Soft jowar roti (50 gm flour) + Gajar matar ki sabji + Cucumber raita
04:00 pm	1 tbsp roasted flax seeds + 1 bowl Watermelon
07:00 pm	Grilled fish (salmon/mackerel) + Vegetable soup (no black pepper)
09:00 pm	½ tsp elaichi powder in a glass of water / Chamomile tea

FRIDAY

Time	Menu
08:30 am	Boiled egg whites + Plain buttermilk
11:00 am	Cucumber mint ginger juice with 1 tsp chia seeds
01:00 pm	Curd rice (home-set curd) with boiled/steamed carrot beetroot salad
04:00 pm	2 walnuts + 1 Pear
07:00 pm	Crushed jowar roti with dal palak
09:00 pm	½ tsp elaichi powder in a glass of water / Chamomile tea

SATURDAY

Time	Menu
08:30 am	Idli with mild sambar (no tomato)
11:00 am	Coconut water with 1 tsp chia seeds
01:00 pm	Steamed rice +Pumpkin curry +Cucumber and carrot raita
04:00 pm	2 walnuts + 1 Banana
07:00 pm	Dalia porridge with 1 tsp ghee and 1 tsp jaggery
09:00 pm	½ tsp elaichi powder in a glass of water / Chamomile tea

SUNDAY

Time	Menu
08:30 am	Palak paratha (use oats flour/jowar flour) with curd
11:00 am	Roasted makhana with 1 tbsp roasted flax seeds and 1 tbsp pumpkin seeds
01:00 pm	Soft ragi roti (50 gms flour) + Soya-bean curry + Plain buttermilk
04:00 pm	2 walnuts with 1 bowl papaya
07:00 pm	Mix vegetable soup (no black pepper) with 1 boiled egg
09:00 pm	½ tsp elaichi powder in a glass of water / Chamomile tea

FOODS TO INCLUDE ✓

- **Flavonoid Rich Foods** – Apple, green tea, jamun, broccoli, berries, soyabean
- **Omega-3 Rich Foods** – walnuts, flax seeds, fish (salmon/mackerel), chia seeds
- **Zinc Rich Foods** – Nuts, pumpkin seeds, chia seeds, sunflower seeds
- **Anti-Inflammatory Foods** – Ginger, elaichi, ghee, chamomile tea, nuts and seeds
- **Gluten Free Grains** – Jowar, ragi, bajra
- **Alkaline Foods** – fruits like banana, apple, melons, pear, papaya. Vegetables like bottle gourd, bhindi, spinach, peas

FOODS TO AVOID ☹

- **Tomatoes, lemons, citrus fruits like oranges**
- **Cruciferous vegetables like cabbage, broccoli**
- **Raw onions and Raw salads**
- **Tea and coffee**
- **Caffeinated beverages**

Do's	Dont's
Eat small, easily digestible meals. Add 5-6 meals in a day at regular intervals.	Avoid intake of alcohol, caffeine, and carbonated beverages.
Use less salt in the diet as sodium chloride damages the walls of stomach and increases the expression of proinflammatory enzymes in stomach lining. (reference)	Anything that cause irritation to the stomach lining – spicy and oily foods, citrus fruits, lemons, tomatoes, cruciferous veggies, whole fat milk – must be avoided.
Digestion of food starts in the mouth. Chew the food properly.	Avoid prolonged usage of non-steroidal anti-inflammatory drugs like ibuprofen and aspirin.
Try to keep the stress levels as low as possible to keep the production of stomach acid in check.	Avoid talking while eating the food. Talking while eating leads to swallowing of air and causes intestinal gas.

MEDICAL EXPERT CONSIDERATIONS

Medical experts recommend tailoring the gastritis diet plan to individual needs under supervision. While it emphasizes beneficial foods like fruits, vegetables, and seeds, caution is advised regarding trigger foods like spicy or acidic items. Ghee and coconut chutney, though included, might not suit all gastritis patients. Regular consultation is crucial to monitor progress and adjust the plan accordingly. Moreover, the avoidance of caffeine and carbonated beverages aligns with standard advice for managing gastritis. Overall, adherence to expert guidance, including portion control, mindful eating, and stress management, enhances the efficacy and safety of the diet plan for gastritis management.

PHYSIOLOGICAL BENEFITS

This gastritis diet plan offers several physiological benefits. Its emphasis on small, frequent meals aids digestion and prevents overloading the stomach. Alkaline and anti-inflammatory foods, like fruits, vegetables, and seeds, can soothe the stomach lining and reduce inflammation. Omega-3 rich foods, such as walnuts and fish, provide essential fatty acids that support overall health and may have anti-inflammatory effects. Incorporation of easily digestible grains like jowar and ragi ensures gentle nourishment without exacerbating gastric symptoms. Moreover, avoiding spicy, oily, and acidic foods reduces the risk of irritation and promotes gastric comfort.

PHYSIOLOGICAL RISKS

The provided gastritis diet plan outlines a few potentially problematic aspects. Despite rich omega-3 sources like walnuts and fish, certain preparations, such as grilled fish, might still pose risks due to potential irritants. Moreover, caffeine-free chamomile tea could be soothing, but its effects may vary among individuals with gastritis. Meal timing, frequent small meals, and emphasis on chewing align with best practices.