

# Diet for DUODENITIS

## 7 Days



### MONDAY

Time	Menu
08:30 am	Ragi chilla with coriander chutney
11:00 am	2 walnuts + Plain Buttermilk
12:50 am	100 ml karela juice (no sweetener added)
01:00 pm	Jowar roti (50 gm flour) + Bhindi ki sabji + Cucumber raita (use low-fat home-set curd)
04:00 pm	1 tbsp flax seeds + 1 Banana
07:00 pm	Multigrain dalia with plain kadhi
09:00 pm	Chamomile tea

### TUESDAY

Time	Menu
08:30 am	Poha with fresh home-set curd
11:00 am	Barley water with 1 tsp chia seeds
12:50 am	Fresh aloe vera juice – 50 ml
01:00 pm	Spinach pulao +Cucumber raita (use low-fat home-set curd)
04:00 pm	2 walnuts + Papaya
07:00 pm	Moong dal khichdi
09:00 pm	Chamomile tea

### WEDNESDAY

Time	Menu
08:30 am	Vegetable oats/dalia
11:00 am	2 walnuts + Tender coconut water
12:50 am	100 ml karela juice (no sweetener added)
01:00 pm	Ragi roti (50 gm flour) +Lauki chana dal + Low-fat home-set curd
04:00 pm	1 tbsp flax seeds + Muskmelon
07:00 pm	Vegetable soup with 100 gms steamed/boiled fish
09:00 pm	Chamomile tea

### THURSDAY

Time	Menu
08:30 am	Vegetable vermicelli (ragi/rice vermicelli)
11:00 am	Plain Buttermilk + 1 tbsp roasted pumpkin seeds
12:50 am	Fresh aloe vera juice – 50 ml
01:00 pm	Jowar roti (50 gms flour) + Aloo palak ki sabji + Low-fat home-set curd
04:00 pm	2 walnuts + 1 Banana
07:00 pm	Moong dal dosa + Sambar (not spicy)
09:00 pm	Chamomile tea

### FRIDAY

Time	Menu
08:30 am	Egg white omlette
11:00 am	Cucumber mint ginger juice with 1 tsp chia seeds
12:50 am	100 ml karela juice (no sweetener added)
01:00 pm	Steamed rice +Moong ki dal + Carrot cucumber salad
04:00 pm	2 walnuts + 1 Chikoo
07:00 pm	Jowar roti with paneer ki bhurji
09:00 pm	Chamomile tea

### SATURDAY

Time	Menu
08:30 am	Palak oats chilla with mint chutney
11:00 am	2 walnuts + Papaya
12:50 am	Fresh aloe vera juice – 50 ml
01:00 pm	Jowar roti + Torai/ghia ki sabji + Carrot cucumber raita (low-fat curd)
04:00 pm	Roasted rice flakes namkeen + Tender coconut water
07:00 pm	Boiled egg + Lauki carrot beetroot soup (no black pepper)
09:00 pm	Chamomile tea

### SUNDAY

Time	Menu
08:30 am	Paneer paratha with low-fat curd (home-set)
11:00 am	Roasted makhana with 1 tbsp roasted flax seeds and 1 tbsp pumpkin seeds
12:50 am	100 ml karela juice (no sweetener added)
01:00 pm	Ragi roti + Beans ki sabji + Any dal
04:00 pm	2 walnuts with 1 bowl papaya
07:00 pm	Steamed rice with plain kadhi
09:00 pm	Chamomile tea

## FOODS TO INCLUDE ✓

- **Gluten Free Grains** - Jowar, ragi, bajra, barley
- **Alkaline Foods** - fruits like banana, melons, papaya. Vegetables like bottle gourd, bhindi, spinach, ghia, torai
- **Anti-Inflammatory Foods** – Chamomile tea, nuts and seeds, ginger
- **Omega-3 Fats** – Walnuts, flax seeds, fish (salmon, mackerel)
- **Foods Rich In Soluble Fibers** – fruits, legumes, nuts and seeds, whole grains
- **Bitter Foods Before The Meal** – helps to balance stomach acid levels – Karela juice

## FOODS TO AVOID ☒

- **Gas forming foods like Cruciferous vegetables** – cabbage, cauliflower and broccoli, fruits like apple, other foods like onions, peas, soyabean.
- **Whole fat milk**
- **Tea And Coffee**
- **Caffeinated Beverages**

Do's	Dont's
Eat small, easily digestible meals. Add 4-5 small meals in a day at regular intervals.	Avoid intake of alcohol, caffeine, and carbonated beverages.
Lose weight if you are overweight.	Anything that cause irritation to the intestinal lining – spicy and oily/fried foods, gas forming foods, whole fat milk –must be avoided.
Include good quality fats in the diet such as PUFA (omega-3 and omega-6) as they inhibit the growth of H. Pylori, which is the most common cause of duodenitis.	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

For individuals with duodenitis, this meticulously crafted diet plan offers tailored nutrition to soothe and support the digestive system. It prioritizes easily digestible, anti-inflammatory foods while avoiding triggers that could exacerbate symptoms. By adhering to these expert recommendations, individuals can optimize their dietary intake to alleviate discomfort, reduce inflammation, and support overall gastrointestinal health. However, relying solely on dietary interventions without medical supervision could delay proper diagnosis and treatment. Therefore, it's crucial for individuals to consult a healthcare professional before embarking on significant dietary modifications for duodenitis management.

## PHYSIOLOGICAL BENEFITS

The prescribed diet plan for duodenitis offers a plethora of physiological benefits aimed at alleviating symptoms and promoting gastrointestinal health. By incorporating gluten-free grains, alkaline fruits, and anti-inflammatory foods, the plan aids in reducing inflammation within the digestive tract. Omega-3 fatty acids from sources like walnuts and fish contribute to inhibiting H. Pylori growth, a common aggravator of duodenitis. Additionally, the emphasis on small, frequent meals promotes efficient digestion and nutrient absorption, while stress management techniques further support overall gut health. By adhering to this diet plan, individuals can experience reduced inflammation, improved digestive comfort, and enhanced overall well-being.

## PHYSIOLOGICAL BENEFITS

While the prescribed diet plan for duodenitis emphasizes beneficial foods, there are potential physiological risks to consider. Some individuals may find it challenging to adhere to the strict limitations on certain foods, leading to nutritional deficiencies. Additionally, abrupt dietary changes can cause gastrointestinal discomfort or exacerbate symptoms in some cases. Moreover, the exclusion of whole food groups like dairy may increase the risk of calcium deficiency. Close monitoring for these factors should be considered.