

Diet for Peptic Ulcer (Bland Diet)

Tips on healing your ulcer:

- Avoid caffeine containing foods and beverages (caffeine containing soft drinks such as colas).
- Avoid coffee (regular and decaffeinated).
- Avoid green and black tea (regular and decaffeinated).
- Avoid chocolate and cocoa.
- Avoid pepper.
- Avoid alcohol and smoking.
- Avoid anti-inflammatory drugs such as aspirin and ibuprofen.
- Try eating small, frequent meals when you are having pain.
- Avoid eating 2 hours before bedtime.

Please call the St. Luke's Nutrition Center if you have questions about this diet. 319/369-7440.