

Gastritis – Diet and Plan

Plan:

- **Modify diet using the information below**
- **Take prescription from your physician as directed**

Diet Recommendations:

- Eliminate the following things from your diet:
 - Caffeine
 - Alcohol
 - Spicy Foods
 - Greasy Foods
 - Anything else that you find bothers your stomach
 - Aspirin/Advil (or any medication containing either)
 - If you need a pain killer try Tylenol

Other Resources:

- Web MD <http://www.webmd.com>
- Centers for Disease Control (CDC) website: <http://www.cdc.gov/>