



## Auckland Regional Public Health Service Nutrition Fact Sheet – Advice if you have a gastric or duodenal ulcer

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Website - [www.arphs.govt.nz](http://www.arphs.govt.nz)

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Ulcers are caused by bacteria that damage the walls of the stomach or intestine. Treatment is based on medication.

Here are some guidelines that may be helpful in managing your ulcer.

1. **If your doctor has prescribed medication, take it as directed.**
2. **If you smoke, it is advisable to stop.**
3. Eating **three meals a day at regular times** will assist normal gut function and help healing.
4. The foods you eat should remain as **varied** as possible. There is no convincing evidence that certain foods should be avoided. However foods that have been identified as causing discomfort in some people include spicy foods, onion, strong coffee. **Be guided by your own experience.**
5. **Large amounts of alcohol do not assist ulcer healing.** If you choose to drink alcohol have no more than 1-2 standard drinks at any one time. Always have alcohol with food.
6. **Eat slowly** in quiet relaxed surroundings
7. Continue to eat **a variety of foods** from the **four food groups** each day:
  - choose at least **6** servings of breads and cereals
  - choose at least **5** servings of vegetables and fruit
  - choose **2** servings of milk and milk products
  - choose **1-2** servings of meat, fish, chicken, eggs, dried beans/lentils

For more information on healthy eating and food servings ask for a Ministry of Health food and nutrition pamphlet e.g. "Healthy Eating for Adult New Zealanders."