

FOODS THAT TRIGGER GASTRITIS

Guard your gut and watch your diet for foods that trigger gastritis!



SPICY FOODS

Irritate the stomach lining

FATTY AND FRIED FOODS

Slow digestion and cause discomfort



ACIDIC FOODS

Citrus fruits, tomatoes, vinegar

CAFFEINATED BEVERAGES

Increase stomach acid production



ALCOHOL

Can irritate the stomach lining

ONIONS AND GARLIC

May increase stomach acid



SMOKED MEATS

High in preservatives and may cause inflammation

HIGH-SUGAR FOODS

May disrupt stomach balance



CHOCOLATE

May relax the esophageal sphincter and cause reflux

PEPPERMINT

May relax the esophageal sphincter and cause reflux



Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or, treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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