

What to Eat When You Have an Ulcer

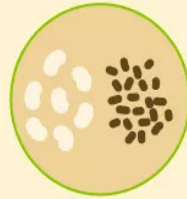
Eat



Fruits



Vegetables



Legumes



Lean meats



Fish and seafood



Eggs



Whole soy foods



Fermented dairy



Healthy fats



Grains



Green tea



Herbs and spices

Avoid



Alcohol



Coffee



Caffeine



Milk or cream



Fatty meats



Fried foods



Heavily spiced foods



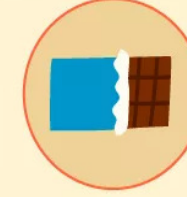
Salty foods



Citrus fruits and juices



Tomatoes



Chocolate