

# 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/>