



Gastritis

Natural Support Through Nutrition & Healthy Habits



Understanding Gastritis

Gastritis is the inflammation of the stomach lining. This protective lining helps shield your stomach from the strong acids produced during digestion. When it becomes irritated or inflamed, it can cause discomfort and affect digestion.

Common symptoms include:

- Burning or aching pain in the upper abdomen
- Nausea or vomiting
- Feeling full quickly
- Bloating
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- Indigestion
- Loss of appetite
- Acid reflux or heartburn (in some people)
- Gastritis can be temporary (acute) or develop gradually over time (chronic).

Causes

Several factors may contribute to gastritis, including:

- Infection with *Helicobacter pylori* (H. pylori), a common stomach bacteria.
- Frequent use of anti-inflammatory medications (NSAIDs) such as ibuprofen, naproxen, or aspirin.
- Excessive alcohol consumption.
- Smoking.
- Chronic stress or prolonged emotional stress.
- Highly processed diets and excessive intake of spicy or acidic foods (for some individuals).
- Autoimmune conditions.
- Bile reflux.
- Excessive caffeine intake in sensitive individuals.

Understanding the underlying cause is important, as some forms of gastritis require medical treatment.



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Foods that may irritate gastritis

Consider limiting or avoiding:

- Fried foods
- Fast food
- Highly processed foods
- Spicy foods (hot peppers, chili powders, hot sauces)
- Alcohol
- Coffee (regular and, for some people, decaffeinated)
- Energy drinks
- Carbonated beverages
- Chocolate (if it worsens symptoms)

Every person is different, but many people experience improvement by reducing foods that commonly irritate the stomach lining.

- Peppermint (may worsen reflux in some people)
- Citrus fruits during flare-ups (oranges, lemons, grapefruit)
- Tomato sauce and tomato-based products if they trigger symptoms
- Excessive vinegar-based foods
- High-fat meals
- Very large meals
- Eating late at night

It can be helpful to keep a food journal to identify your own triggers.

Foods That Support Stomach Healing

Choose foods that are easy to digest and rich in nutrients that support overall digestive health.

Lean Proteins

- Fish
- Chicken or turkey
- Eggs (if well tolerated)
- Tofu
- Lentils and beans (if tolerated)
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Whole Grains

- Oatmeal
- Brown rice
- Quinoa
- Whole grain toast
- Sweet potatoes

Vegetables

Cooked vegetables are often easier to tolerate during flare-ups.

Examples include:

- Carrots
- Zucchini
- Green beans
- Spinach
- Pumpkin
- Squash
- Cucumbers
- Potatoes

Fruits

Choose less acidic fruits such as:

- Bananas
- Melons
- Pears
- Apples (peeled or cooked if needed)
- Papaya

Healthy Fats

- Extra virgin olive oil
- Avocados (if tolerated)
- Nuts and seeds in moderation



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Foods that support the gut	Nutrition habits that can help	Stress management matters
If tolerated and recommended by your healthcare provider: • Plain yogurt with live cultures • Kefir • Sauerkraut • Kimchi • Other fermented foods If you have active gastritis or ulcers, introduce fermented foods slowly and monitor your symptoms.	Small daily habits often make the biggest difference. Try to: • Eat smaller meals throughout the day instead of very large meals. • Eat slowly and chew your food thoroughly. • Avoid lying down for at least 2–3 hours after eating. • Stay well hydrated. • Limit alcohol. • Stop smoking if you smoke. • Avoid skipping meals. • Maintain a healthy weight. • Identify and avoid your personal trigger foods. • Prepare more meals at home using whole, minimally processed ingredients.	The stomach and brain are closely connected through what scientists call the gut-brain axis. While stress does not directly cause every case of gastritis, chronic stress can increase stomach acid production, affect digestion, worsen inflammation, and make symptoms feel more intense. Learning to manage stress is an important part of supporting digestive health. Helpful practices include: • Daily walking • Gentle yoga • Meditation • Deep breathing exercises • Spending time outdoors • Prioritizing 7–9 hours of quality sleep • Journaling • Connecting with family and friends • Limiting excessive work stress whenever possible • Taking regular breaks during the day • Practicing mindfulness while eating (avoid eating in front of the TV or while scrolling on your phone)

Sometimes improving your relationship with stress is just as important as improving your relationship with food.



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Healthy Lifestyle Habits for Better Digestion

Healing your digestive system is about your overall lifestyle—not just what is on your plate.

Daily habits that support stomach health include:

- ✓ Eat regular meals.
- ✓ Stay physically active.
- ✓ Practice stress reduction every day.
- ✓ Drink enough water.
- ✓ Sleep consistently.
- ✓ Eat more whole foods.
- ✓ Reduce ultra-processed foods.
- ✓ Limit alcohol.
- ✓ Avoid smoking.
- ✓ Listen to your body's hunger and fullness signals.
- ✓ Build sustainable habits rather than following restrictive diets.

Small improvements practiced consistently often produce greater long-term results than short periods of perfection.

A Balanced Perspective

Your digestive system is remarkably resilient.

With the right combination of nutrition, stress management, healthy habits, and appropriate medical care when needed, many people experience significant improvement in their symptoms.

Remember that healing takes time. Focus on consistency rather than perfection, and give your body the nourishment and care it needs.

-Sandra

Important Disclaimer

The information provided in this guide is intended for educational purposes only and should not be considered medical advice. As a Certified Nutrition Coach, I provide guidance on healthy eating habits, lifestyle changes, and wellness practices that may support overall digestive health. I am not a physician, and I do not diagnose, treat, prescribe, or cure medical conditions.

If you have severe abdominal pain, persistent vomiting, unexplained weight loss, black or bloody stools, difficulty swallowing, or symptoms that persist or worsen, please consult your physician or a qualified healthcare provider promptly. If you have been diagnosed with gastritis, stomach ulcers, or *H. pylori* infection, follow your healthcare provider's recommendations, as medical treatment may be necessary.