



The Role and Importance of Healthy Nutrition in the Treatment of Gastritis

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Stomach is an organ that plays a role in digestion, secretion, motility, intoxication and absorption functions. pH of stomach pH changes between 0.9 - 2.0 [1]. Gastritis is known as the inflammatory reaction of the stomach wall from the mucosa to the serosa. Inflammatory lesions can be acute erosive gastritis or chronic atrophic gastritis [2].

The basic principle in treatment of gastritis is that reduce the amount of stomach acid (antacids, H₂ blockers, proton pump inhibitors, etc.) and to treat the underlying disease (stress/acute gastritis, H. Pylori infection, B12 deficiency, etc.). Oral supplementation of B12, iron and folic acid are recommended for the treatment of clinical symptoms in the early stages of pernicious anemia caused by autoimmune atrophic gastritis. If neurological symptoms are also present, intravenous injection of B12 is recommended to patients [3,4]. Eradication of H. Pylori is significant in treatment of chronic gastritis caused by *Helicobacter Pylori*. Researchers have highlighted that drug treatment and nutrition are very important for treatment. Nutrition therapy plays a key role in the prevention of gastritis, reducing gastric irritation, helping the eradication of *Helicobacter Pylori* or strengthening the stomach wall [5]. There is some nutrition recommendation for treatment. For example

- Meals should be eaten slowly.
- Many studies have shown that dyspeptic symptoms are linked with ingestion of many foods such as onions, peppers, fried and fatty foods, alcohol, citrus fruits, and spicy foods. Thus; these foods should not be eaten too much.
- Fresh vegetables and vegetables should consume everyday to support vitamin C intake.
- Meals should be eaten little, often and regularly.

- Dark tea, alcohol, coffee, fries, spices, ketchup, mustard consumption should be limited.
- Smoking and alcohol consumption should be prohibited.
- Desserts, pastries and carbonated drinks should not be consumed.
- Food should not be too hot or cold..
- 8 - 10 glasses of water should be consumed daily, but only it should not be taken with meals [6].

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