

What to Eat When You Have an Ulcer

Breads and Grains

- Whole-grain or enriched, seedless breads and grains:
 - Breads
 - Bagels
 - Tortillas
 - English muffins
 - Hamburger and hot dog buns
 - Dinner rolls
 - Pita bread
 - Cereals
- Enriched rice
- Enriched barley
- Enriched noodles, spaghetti, macaroni, and other pastas
- French toast, muffins, pancakes, and waffles made with low-fat ingredients
- Low fat crackers

Fruits

- 1 medium apple, peach, pear, or orange
- 1/2 cup applesauce or canned fruit
- 15 grapes
- 1 kiwi fruit
- 1-1/4 cup melon or berries
- 1/2 cup mild juices, such as apple, grape, or pear
- 1 small banana

Vegetables

- 1/2 cup cooked vegetables
- 1 cup fresh vegetables
- 2 cups salad greens

Meat / Meat Substitutes

- 1 cup of a casserole made from allowed foods
- 1/2 cup lowfat cottage or ricotta cheese
- 2 tablespoons peanut butter
- 2 ounces semi-hard lowfat cheese, melted into other foods
- 2 scrambled or soft cooked eggs
- 2-3 ounces tender meat, fish, seafood, turkey, or chicken
- 3 ounces tofu

Soups

- 1 cup broth or bouillon
- 1 cup lowfat cream soup with vegetables
- 1 cup chicken, beef, or vegetarian noodle soup