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Next page Hello, sweetheart! I hope you're doing great! Lately I have so many questions about all things GERD, acid reflux and gastritis. It seems like something you need to do with, and I was there. I know how uncomfortable and scary it is to face these symptoms. It is difficult to share meals that anyone can eat because we all have different bio-individualistic needs, foods on which we are sensitive etc. Also, everyone has different degrees or degrees of torches they can be in. (ie, if you vomit or dry heaving, it would be best to do probably liquid quickly). But I got asked what I'm ing during the gastritis torch so much, I thought I'd just share some ideas to start with! Here are 5 simple, noble meals to make when you have a gastritis torch. 1. Osna meka okay — listen to me. I know that you people with SIBO (Small Gut Bacteria Overgrowth) are wrapping their eyes and preparing to move on to the next meal because you think you can't eat oat teeth. Oovs are not necessarily something I would recommend to sibo patients, as they are made from Oligosaccharides and can be difficult to digest. However, when you also have GERD, reflux, or gastritis, the burning feeling trumps the sibo in this case. You're trying to get rid of that burning sensation fast. So, you'll want to reju the BRAT diet (minus gluten). My favorite gluten-free ooh is Bob's red GF ooh mill. These are pretty safe and I'll mix it with almond milk, collagen Vital Proteins, and top it on top with bananas and a little honey. It's super tender on my stomach and because oat is not an ordinary staple in my diet — it doesn't really make me bloated when I eat it. They're all different, so if you try and you don't respond well to that, that's fine! 2. Bone vomit If your gastritis or reflux torch is worse, you may want to consider making bone vomit quickly! Bone vomit is very gentle on your stomach and heals for your stomach. That's the clue in my regular diet. I'm trying to have at least 1 cup of bone in the day. Most of the bone sheep I've tried to make or buy in the store is absolutely disgusting, so I have them in my own right. I finally found the bone vomit I love, and I don't have to work 24 hours. Kettle & Fire has many different bone vomit options as well as some mipe that you can buy that are super clean! No gross additives, sugars, etc. And it's all fed with grass, never frozen, and bones are only used with the most collagen. I'd rather have chicken than beef. I think it tastes a lot better.) 3. Homemade soup Making soup is one of the first things I will do when I'm ready to reintroduce foods after liquid or bone broth quickly. There are several different types of soup that you can make (I recommend plain chicken or soup if your gastritis is worse), but in the video above I made chicken soup with some vegetables. I use Kettle & Fire as a soup base again and make sure I add some ingredients like ginger, turmeric and garlic. Soup is a great meal that you can have during gastritis because you can make it nutritiously dense and your digestive system doesn't have to work almost as hard when you drink your meal as opposed to chewing gum. You can find some recipes for inspiraton soup on my recipe page. 4. Toast tuna toast is definitely a comfortable food item for me when I feel more reflux-y. It's just muddy and easy to digest when you come from gastritis torches or a stomach bug. Those of us who have gluten problems may feel like we can no longer indulge in this. But guess what. I found the best GF toast ever. It tastes like cardboard and is completely paleo bread with super clean ingredients! Again, it's not something I take every day, but it's such a beautiful friendly and I absolutely like it! Tuna has always been something light on my stomach and I'll mix it with a little maya, avocado, and put it on top of my toast for my toast, filling the meal when I need to eat something ordinary. I love this meal! 5. Chia Pudding I recently started tugging in chia pudding and this is something beautiful and ordinary for which I thought it would be perfect for someone who avoids or comes out of gastritis torches! There are several ways to make chia pudding, but in this video I made it pretty plain with just coconut milk, chia fair, and vanilla. It's probably best to have this habit, but if you feel like you can stomach more, you can always stuff it with fruit and some grainy granola! This is my favorite. What about you? Tell me in the comments below what you like to ate during gastritis! Let's exchange ideas. Gastritis has become quite common in a time of accelerated life, a little bit of a hard time. The causes of gastritis is a carefree attitude to one's own diet and lack of food culture. Fast food, eating dry, lovingly over-spicy or sweet food, improper fasting and frequent drinking of alcohol, all of this imposes a strong footprint on a person's entire digestive system. nausea after the jeodum; weight in the stomach; diarrhea / constipation; lack of weight loss appetite; weakness, sleepiness; stomach pain after the heartache. Leading experts have developed a special diet for gastritis that allows normalization of both increased and reduced gastric acidity. Excessive secretion of acid in the stomach, or vice versa, its absence, leads to severe abdominal pain and deterioration of the whole organism. Benefits of Diet for Gastritis Treatment of Symptoms of Gastritis with the Help of Special Diets Allows You to Avoid Drugs Option. There is no point in stuffing the body with drugs, thus causing even greater damage to health. A diet with gastritis is effective and useful. It is designed to select special foods that allow the digestive system to recover after severe stress and start working with the same power. Choosing a diet and diet regimen not only allows you to treat your stomach from gastritis, but also treats it, saturated with useful vitamins and microelements. The diet prescribed for gastric gastritis depends on diagnosis — gastritis with increased or reduced acidity. An effective diet for gastritis with low acidity contains in its menu and nutritional products that promote the production of gastric juices. With another type of disease, i.e. increased acidity, it is important to exclude foods that contribute to increased excretion of digestive juice. Observing diet and a responsible approach to nutrition will allow the years to forget about gastritis and the unpleasant sensations associated with it. What are the types of diets and what is their main menu for each day, consider the following. When is the diet prescribed? Usually gastritis is accompanied by such symptoms as: acute abdominal pain, nausea, sleepiness, heaviness in the stomach, loss of appetite. By address to the doctor, hand over the analysis. The diet with gastric gastritis is called based on the results of analysis of acidity of gastric juice. Hyperacid indicator means increased acidity and hypoaacid acid decreased. Increased and decreased acidity with gastritis indicates two completely different types of diet. In the acute stage of gastritis, during exacerbation, the diet has an even stricter character. Diet in gastritis can be prescribed by a doctor who attends and is used independently at home. In both cases, it is important to follow all the rules of the diet and not change the makeup menu. The menu for every day Diet with gastritis should contain in its diet exactly those foods that do not harm the stomach. The purpose of such a therapeutic diet is to choose the optimal menu options. A diet for gastritis with increased and reduced acidity should be directed towards the healing of the stomach lining. Food should be eaten with food that will not irritate the gastrointestinal tract. Diet with gastritis can reduce the process of inflammation. This reduces pain, swelling and improvement of goodness. The therapeutic diet for gastritis with increased and low acidity contains a list of permitted and prohibited products. It is forbidden within 7 days to take certain foods that break down the gastric microflora. The use of a prohibited set of products in gastritis will cause serious harm to health. That's why it's so important to comply with all the dietary rules. So what can and can not be on a high acidity gastritis diet: sausages and smoked products; preservatives/ fast food and so on; It is forbidden to take any food that is difficult to digest and digest. Food that you can and cannot eat on a low-acidity diet: During a 7-day diet, a person should observe the food culture. It is necessary to monitor the diet and quality of the products. It is also important to follow the dietary rules for the treatment of gastritis: drink a lot (water, tea); include in the diet only those foods and recipes that allow diet menus; Food should be cooked, cooked or cooked; food must have uniform consistency (light meals: sweets, mashed potatoes, etc.); should be eaten fractional: 5-6 once a day; taking products that are difficult to digest/digest — it is forbidden; daily calorie counts on a diet up to 1200 Kcal; the quantity of salt and vegetable oil shall be minimised; We exclude very hot and cold foods from the diet; not recommended to eat at night. The menu for the week with increased and reduced stomach acid Diet with stomach gastritis is based on a balanced, high-quality diet. The menu for each day contains only those dishes that do not harm the stomach and ensure healthy gastrointestinal function. The gastritis menu excludes ingestion of foods that cause inflammation in the stomach. Food for gastric gastritis contains a special table Menu is number one and the number of the table is 2 for each day. The diet variants are calculated for 7 days. Food menu Table number 1 with increased acidity: Breakfast: ova potty cooked on water; 1 soft boiled egg, unswee a toad; Lunch: vegetable soup and mashed potatoes, steamed fish; Dinner: a little cooked baking and turnips, a slice of dry bread. Breakfast: cheesecakes made in the oven, tea; Lunch: soup purist from vegetables, rice with steam fish; Dinner: steam kettle made of light meat, welded vegetables: Breakfast: mango and 1 egg, cooked soft boiled; Second breakfast: jelly and some crackers; Lunch: vegetable soup, buckwheat porridge with cooked baking; Afternoon snack: baked apples; Dinner: steamed fish and a little boiled rice. Breakfast: ovae porridge in milk, cheesecake made in the oven, tea; Lunch: vegetable soup, mashed potatoes and steamed chop; Snack: fruit jelly; Dinner: steam vegetables with meat, rice and 1 egg soft boiling; steam fish, welded vegetables, compotes; buckwheat porridge with low-fat cooked meat, soft boiling egg, 1 cheesecake, milk; cream soup, vegetable pure with steam fish; boiled potatoes and steamed burgers buckwheat porridge, 1 slice of white bread and butter, low-fat chicken soup tea soup, cooked beetroot, rice porridge and 1 steam chop; Potatoes, low-fat meat pouring for par. Food menu Table number 2 with gastritis with reduced acid: Breakfast: rice, powder biscuits and 1 st milk sour. Lunch: soup on a weak chicken soup, mashed porridge and 1 piece of fish for a pair (but lean); Dinner: steam potatoes and puree; Breakfast: a slice of bread with low fat cheese, and 1 egg in a soft boil; Lunch: vomit on fish (but low fat), potato puree, boiled or steamed fish; Afternoon snack: baked apples; Dinner: vegetable mashed potatoes, steamed chicken. Breakfast: kefir and 2 slices of dry bread, 1 soft boiling egg; Lunch: vegetable soup, rice porridge and 1 cooked fish fillets; Dinner: mashed potatoes and salad with boiled vegetables, yoghurt and 1 slice of white bread with cheese (unsaled); vegetable soup, buckwheat porridge (painted) with steamed low fat chop, cooked baking; milk soup and 1 cheesecake, cooked in the oven. 1 egg, cooked soft boiled, ovated porridge with milk; low-fat soup with hot soup, rice porridge (a on fish), desoled fish for pair; vegetables baked with left meat, buckwheat porridge on milk (ground), 1 slice of dry bread, a small piece of non-sucking cheese; vegetable soup, steam parsley, rice porridge (including sliced), 1 cooked roast; mashed potatoes, steam fish. cheesecading made in the oven, jelly; vegetable soup, roast meat with vegetables; milk soup with vermicelli. Diet for gastritis with increased and reduced acidity should not contain the forbidden composition of the products. The medical menu contains only a composition of products that allow you to fight this disease. Any addition or menu adjustment can affect the quality and result of the whole diet. Recipes Diet with gastritis allows the development of a special menu that would not only be useful, but would also meet the taste requirements of a healthy diet. The gastritis menu may seem barny, but it's not. Properly selected recipes will allow you to differentiate the home menu diet and to be delicious and useful. So, useful recipes that you can include in the menu throughout the week. We cook meat. We're going through the meat grinder. After that add the oil, the yolk. It's all mixed up. Then beat the remaining protein with milk. In the latter, the mass is added to the meat. It's all mixed up. The resulting mill is cooked in a water bath. The dish perfectly complements each diet with gastritis, as it proves useful and delicious. Breakfast Menu diet with gastritis can be supplemented with a delicious zrazy: Potatoes — 300 g; eggs — 1 piece; boiling lean meat — 200 g; Butter — 20 Potatoes stir. That's what mashed potatoes make. Accordingly, add 1 egg. Then add salt to taste. Boiled meat is passed through a meat grinder. The two joints are mixed to homogeneous. The resulting consistency is divided into small portions and put on a water bath. Lunch and dinner menu — useful fish navel with gastritis: Cook fish fillets in vegetable salad. Then allow the fish to be roasted through the meat grinder. After that, add the butter, egg and salt to taste. Let's prepare consistency for the pair. On a diet with high acidity gastritis, mipe and borsch are also allowed in the diet, white cabbage — 300 g; carrot — 1 piece; potatoes — 2 small computers; onions — 1 piece; tomato — 1 piece (optional); He's got the carrot on the ground. Cut the other vegetables with a knife. Fill the tomato with boiling water and remove the top layer, then finely chop. A regime of herel and potatoes. Then take the cup, pour water into it and put it on the fire. Put in a cup of cabbage and potatoes. We're waiting for full boiling. I'm cheating. The remaining vegetables are brewed in a pan, in a low heat (not heated). After 10 minutes add the cooked vegetables to the pan and cook the dish for another 15 minutes. Solim. Everybody, Shchi are ready! Soup recipes are pure of cabbage. This recipe can be used for a lunch menu. cauliflower — 1 head; egg — 1 piece; wheat flour — 1 tablespoon spoon; milk — 1 glass; souled cream — 2 tablespoons; water — 0,5; Cabbage is divided into small parts. Carefully mine and stir in the mines 7-10. Then we take the pan to the pan, well, it warms. In a pan add the flour and gradually, in low doses, pour in the cabbage vomit. The boiling cauliflower should be rubbing or crushing with a blender. A glass of boiling milk and 2 h l of sugar should be added to the mixture received. The mass that was received led to boiling and removed from the fire. There we put an egg pre-mixed with sour cream. Repeatedly place the weight on the fire, stir slowly and bring to the spring. We're cool. All, the soup is ready to use! A diet with gastritis with increased and reduced acidity allows normalization of the intestinal microflora and work of the gastrointestinal tract. A properly selected menu of diets, enriched with useful recipes, allows you to get rid of gastritis and improve the body as a whole. Entire.

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