



Meal plan for Gastritis

If you're dealing with gastritis, it's crucial to follow a diet that is gentle on your stomach lining and avoids foods that can trigger irritation and inflammation. Here's a South Indian meal plan that includes foods that may be helpful for managing gastritis:

	DAY 1	DAY 2	DAY 3
Breakfast	Plain curd with honey and a few banana slices A glass of tender coconut water / buttermilk	Oatmeal cooked with water ,with sliced bananas / strawberries with honey, mixed with fresh yogurt A glass of herbal tea	Rava upma with lots of cooked vegetables A glass of fresh fruit juice
Mid-Morning	A small serving Vegetable salad with carrots, cucumber, chickpea, raw mango	A small serving of cooked tapioca with grated coconut	A small serving of cooked plantains
Lunch	Soft rice with a serving of mashed pumpkin & moong dal a cup of buttermilk with a pinch of cumin powder	Khichdi made with rice and moong dal a cup of plain curd	Brown rice with a serving of spinach and moong dal curry a cup of cucumber raita
Mid-Evening	A banana	Sliced papaya	Sliced watermelon
Dinner	Vegetable stew with a small serving of plain rice	Steamed idlis with a mild coconut chutney	Soft ragi dosa with drumstick leaves with mint chutney

For those with gastritis, it's essential to avoid spicy foods, acidic foods, caffeinated beverages, alcohol, and fried foods. Small, frequent meals can also help manage symptoms. Please note that individual responses to dietary changes may vary. If gastritis symptoms persist or worsen, consult your doctor for further evaluation and guidance.