

## DIETARY MANAGEMENT FOR INDIGESTION

Indigestion is pain or an uncomfortable feeling in the upper or middle part of the stomach that can cause symptoms of Bloating, Heartburn, Nausea, Vomiting & Belching. This diet should be designed to avoid food that can cause Stomach Irritations. This change of diet is needed during an active phase of the problem and after the problem has passed as well. Some dietary guidelines are as follows-

- **Intake of Grains:** Rice (White or Brown), Puffed Rice, Oats are well digested & thus these can be included in the diet to cure Indigestion.
- **Adequate Fresh Fruits & Vegetables:** Fresh Fruits & Vegetables should be included in the diet as these do not contribute to digestive issues. Fruits like- Apples, Pears, Grapes, Pineapples, Peaches and Melons etc. should be included in diet for better digestion. Since Baked Potato, Carrots, Green Beans, Peas, Lettuce, Sweet Potatoes etc. are Low-acidic food, thus they can be included in diet.
- **Addition of Milk Products:** Yogurt, a milk product is one of the best food for better digestion. It helps to soothe the irritation in the digestive tract and decreases the symptoms of Indigestion.
- **Inclusion of Herbs & Spices:** Inclusion of Herbs & Spices such as Basil, Cardamom, Ginger, Caraway Seeds (Jira Seed), Cloves, Cumin Seed, Turmeric, Rosemary etc. in diet can help to relieve the digestive system by relaxing the muscles of Stomach & allowing food to move into the intestines faster, digestive gases to be passed & promote digestion to lead a healthy life.
- **More Intake of Fluids:** More fluids should be included in regular diet, about 8-10 glasses of water should be taken to reduce the acidity of stomach fluids. Herbal tea can also be taken to soothe many Stomach Problems, such as Gas & Nausea. However, it is best to avoid drinking water while eating because the intake of fluids could slow down digestion.
- **Small & Frequent Meal:** Meals and Snacks should be taken frequently in small portions, so that the metabolism of the body works regularly and therefore it maintains its ability to do work properly.
- **Slow Chewing Process:** Food should be eaten slowly & chewed well and overeating should be avoided completely. Chewing breaks down the food from large particles into

smaller particles that are more easily digested. This also makes it easier for intestines to absorb nutrients and energy from the food particles.

- **Avoid Skipping Meals:** Skipping meals should be avoided as stomach releases digestive juices (that are acidic in nature) to break down food, but when food is not taken and you continue to be hungry for a long time, the produced juices show their effects, harming the stomach line. It results in Indigestion.
- **Avoid Eating Large Meals At Night:** Avoid eating a large meal at night before sleeping which results in Acid Reflux, Heart burn as well as Indigestion throughout the night. That's because the food in the stomach can get pushed back up into the esophagus more easily after lying flat.



**Some Foods that should be Avoided for Indigestion are-**

- Fatty, Fried & Spicy food.
- Carbonated Beverages.
- Caffeinated and Decaffeinated Coffee and Tea.
- Alcohol.
- Cocoa.
- Chocolate.
- Pepper, Mustard, Vinegar or Pickles.

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