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List of Vegetables With Fiber for Erosive Gastritis Patients

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List of Vegetables With Fiber for Erosive Gastritis Patients

Overview

Erosive gastritis eats away at the lining of your stomach, causing ulcers and bleeding. A [diet](#) high in [fiber](#) may prevent complications caused by erosive gastritis. Most [vegetables](#) contain high amounts of fiber, but may irritate your gastritis if they cause you to get gassy, explains Sharon Richter a certified dietetic nutritionist who runs a private practice in New York City. Consult a dietitian or doctor to determine the safest vegetables for your gastritis.

Orange Vegetables

Many orange vegetables contain beta-carotene, which helps protect the mucus

lining of your esophagus and stomach from erosive gastritis. High-fiber orange vegetables include butternut squash, winter squash, summer squash, carrots, yellow peppers, yellow tomatoes, sweet potatoes and sweet corn. While most of these vegetables digest well, without causing too much gas or stomach irritation, use caution when consuming yellow tomatoes, corn and yellow peppers, which do make some people gassy.

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Red Vegetables

Red vegetables containing high amounts of fiber help treat erosive gastritis and may protect you from certain types of cancer. Safe red vegetables for erosive gastritis include beets and red potatoes. Many other red vegetables, such as red cabbage, red peppers and radishes, cause your body to produce too much gas and irritate your stomach lining. Avoid tomatoes and tomato juice as much as possible, because these vegetables are very acidic and can further irritate the lining of your stomach.

Green Vegetables

Green vegetables that contain a lot of fiber include Brussels sprouts, cabbage, broccoli, artichokes, asparagus, green peppers, green beans, and onions. Unfortunately, these vegetables may cause high amounts of gas as they digest, which increases the amount of acid produced in your stomach and leads to irritation of your stomach walls, warns Richter. A food diary may help you determine which green vegetables you can tolerate as part of your diet. Cook vegetables before you eat them to decrease the amount of digestion your stomach has to do before food passes into your small intestine. This will decrease the amount of gas the vegetable causes. Use caution when adding any vegetable to your diet that you know causes you gas, even in cooked forms.

Purple Vegetables

The antioxidants in purple vegetables help prevent cancer, heart disease and stroke, in addition to providing your body with fiber. While the most popular purple vegetable is eggplant, your erosive gastritis may respond well to purple carrots, purple-fleshed potatoes, purple Belgian endive or purple olives, explains Richter. Stores do not carry purple vegetables other than eggplant, but you may find purple onions, purple cabbage, purple

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peppers or purple kale at a local farmers market or in a specialty catalog. Avoid purple versions of asparagus and cabbage because all variations of these foods may increase digestive gasses.

White Vegetables

White vegetables high in fiber help fight stomach cancer and promote digestion. Include mushrooms, parsnips and potatoes as part of a healthy diet for erosive gastritis. Avoid white vegetables that may increase the gas produced during digestion, such as turnips, jicama, cauliflower and onions. Avoid adding too many spices to vegetables or frying them, as this increases their likelihood of irritating your stomach lining.

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